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# DIET MANUAL

*for*

## Salem

## Hospitals

**Diet Manual for Salem Hospitals**

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*Prepared and Sponsored by the Medical Staffs of*

**SALEM MEMORIAL HOSPITAL**

*and*

**SALEM GENERAL HOSPITAL**

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## INTRODUCTION

This revision of the Salem Hospitals' diet manual was undertaken in an effort to further clarify the thinking in regard to various diets and also to provide a means for promoting unification of hospital and out-patient diets in Salem and vicinity.

In general, this manual has endeavored to present a uniform method of handling each diet and to avoid controversial terminology. Most, though not all, titles refer to the content of the diet. A few general introductory or sometimes explanatory notes then follow. Next, there is Suggested Uses which are intended to serve only as rough guides for the physician. An attempt has been made to eliminate reduplicated or useless diets. In presenting controversial diets, such as the ones dealing with low cholesterol and low fat, an effort has been made to take the 'middle of the road' and not to be dogmatic.

It has been the desire of the committee preparing this revision to include the practical and basically useful diets, for this is the only real reason for the existence of any diet manual. In particular, credit is due to those persons instrumental in preparing the 1957 Oregon Diet Manual, published by the Oregon State Board of Health, with the assistance of the Oregon Dietetic Association.

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1958 REVISED

Age & Sex	Weight lbs.	Height in.	Calories	Protein gm.	Cal- ci- um gm.
Adults					
<b>Men</b>					
25 years	154	69	3200	70	0.8
45 years	154	69	3000	70	0.8
65 years	154	69	2550	70	0.8
<b>Women</b>					
25 years	128	64	2300	58	0.8
45 years	128	64	2200	58	0.8
65 years	128	64	1800	58	0.8
Pregnancy (3rd trimester)			+300*	+20	1.5
Lactation (850 ml. milk daily)			+1000*	+40	2.0
<b>Children up to</b>					
1 to 6 mos.	13	24	kg x 120		0.8
7 to 12 mos.	20	28	kg x 100		0.8
1 to 3 yrs.	27	34	1300	40	1.0
4 to 6 yrs.	40	43	1700	50	1.0
7 to 9 yrs.	40	51	2100	60	1.0
10 to 12 yrs.	79	57	2500	70	1.2
<b>Children thirteen</b>					
<b>Boys</b>					
13 to 15 yrs.	108	64	3100	85	1.4
16 to 19 yrs.	139	69	3600	100	1.4
<b>Girls</b>					
13 to 15 yrs.	108	63	2600	80	1.3
16 to 19 yrs.	120	64	2400	75	1.3

\* In addition to diet for age.

## RECOMMENDED ALLOWANCES

Iron mg.	Vitamin A I.U.	Thia- mine mg.	Ribo- flavin mg.	Niacin Equiva- lents mg.	Ascorbic Acid mg.	Vitamin D I.U.
<hr/>						
10	5000	1.6	1.8	21	75	
10	5000	1.5	1.8	20	75	
10	5000	1.3	1.8	18	75	
<hr/>						
12	5000	1.2	1.5	17	70	
12	5000	1.1	1.5	17	70	
12	5000	1.0	1.5	17	70	
15	6000	1.3	2.0	43*	100	400
15	8000	1.7	2.5	42*	150	400
<hr/>						
<b>Twelve Years</b>						
5	1500	0.4	0.5	6	30	400
7	1500	0.5	0.8	7	30	400
7	2000	0.7	1.0	8	35	400
8	2500	0.9	1.3	11	50	400
10	3500	1.1	1.5	14	60	400
12	4500	1.3	1.8	17	75	400
<hr/>						
<b>to Nineteen Years</b>						
15	5000	1.6	2.1	21	90	400
15	5000	1.8	2.5	25	100	400
15	5000	1.3	2.0	17	80	400
15	5000	1.2	1.9	16	80	400

## GOOD SOURCES OF ESSENTIAL NUTRIENTS

VITAMIN A	Dark green and deep yellow vegetables, liver, kidney, yellow fruit, whole milk, cheese, butter, egg yolk, cream, enriched margarine.
VITAMIN C	Oranges, grapefruit, tangerines, lemons, limes, cantaloup, strawberries, tomatoes, raw vegetables especially raw cabbage, raw green peppers, raw rutabagas.
THIAMINE	Lean pork, liver, kidney, milk, whole grain and enriched breads and cereals, green vegetables, poultry, egg yolk, dried beans, peas, and peanut butter.
RIBOFLAVIN	Lean meat, kidney, liver, milk, green vegetables, egg.
NIACIN	Lean meat, kidney, liver, fish, poultry, peanut butter, whole grain or enriched breads or cereals, green vegetables, milk, eggs, potatoes.
CALCIUM	Milk, cheese, ice cream, dried beans, some of the green leafy vegetables, as broccoli, watercress.
IRON	Liver, heart, oysters, clams, lean meats, poultry, green vegetables, egg yolk, dried beans and peas, dried fruit, whole grain and enriched breads and cereals, molasses.
PROTEIN	Meat, poultry, fish, eggs, milk, cheese, cottage cheese, dried beans and peas, peanut butter, nuts.
CARBOHYDRATE	Bread, cereal, spaghetti, macaroni, rice, potatoes, sugar, honey, syrup, jellies and jams. Dried fruits, bananas, figs.
FAT	Butter, cream, margarine, egg yolk, bacon, fat meat, vegetable oils, lard, cheese, salad dressings, chocolate, avocado.

## GENERAL DIET

The general hospital diet is the same as the normal diet for adults. It is served to the patients whose diets require no dietary restriction of foods or amount. Planned according to the Basic Food Pattern, it supplies optimum amounts of all the nutrients. No food is restricted but individual food preferences and local food habits should be considered to insure acceptance of the diet by the patient. It may be changed a bit to allow for age, sex, and activity differences according to "Recommended Dietary Allowances" of the Food and Nutrition Board, National Research Council.

### Basic Food Pattern

#### Foods to be Included Daily

MILK	Children	1 quart
	Pregnant Women	1 quart
	Lactating Women	1½ quart
	Other Adults	1 pint
	(Part may be in cooking, as cheese or ice cream.)	
MEAT, POULTRY, FISH OR CHEESE	2 servings daily. One may be an alternate such as cheese, cottage cheese, dried beans or peas, eggs, or peanut butter.	
EGGS	1 daily, cooked in any way.	
POTATO OR ALTERNATE	1 or 2 servings daily.	
VEGETABLES	2 or 3 servings, one of green leafy or deep yellow, raw often.	
FRUIT	3 servings, one citrus fruit or juice, or tomatoes or other rich source of Vitamin C.	
BREAD AND CEREALS	Whole grain or enriched bread and cereal.	
FATS	Butter or enriched margarine.	
ACCESSORIES	Sugar, jelly, and seasonings.	
BEVERAGES	Tea, coffee.	

## SOFT DIET

The soft diet contains mechanically non-irritating foods, soft or liquid in consistency and low in fiber and connective tissue content. It is quite similar to the bland diet but differs in that it allows coffee, tea, juices of fruits and vegetables, broth and meat soups. The soft diet is primarily designed for those who require a moderately bland, easily masticated diet. The soft diet should not be confused with the mechanically soft diet, which is a modification of a normal or soft diet which has been mashed, pureed or homogenized to a consistency comfortable for those with more severe masticatory problems.

### Suggested Uses

The soft diet may be used as a transitional diet for post-operative patients, first day post-partum, and during acute illnesses. It is also suggested for patients who may prefer soft foods, cooked fruits and vegetables instead of the salads, pastries, and fresh fruits on the general diet.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Fresh whole, skimmed, evaporated, dried, plain, in beverages or in cooking; buttermilk.	None
SOUP	Clear soup; strained vegetable and cream soups.	Highly seasoned soups.
MEAT, POULTRY, FISH OR CHEESE	Beef, lamb, roast pork, veal, liver, fish, poultry, bacon. Cottage cheese and cream cheese, mild American cheese in cooking; finely ground peanut butter.	Highly smoked or salted meat and fish; dry beans and peas, hard and highly seasoned cheese; nuts and coarse peanut butter.
EGGS	Prepared any way except fried.	Fried egg
POTATO OR ALTERNATE	Baked, boiled, creamed, mashed, riced, scalloped; baked or mashed sweet potato; macaroni, noodles, rice, spaghetti, vermicelli.	Fried or browned potatoes.

## SOFT DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
VEGETABLES	Cooked tender asparagus, beets, beet tops, carrots, green or wax beans, peas, spinach, squash, tomatoes without seeds.	Raw vegetables; vegetables with large amount of fiber, such as corn, lima beans, strong flavored vegetables, unless tolerated.
FRUIT	Grapefruit, orange and tangerine sections without membranes; ripe banana, fruit juices and tender canned and cooked apples, apricots, peaches, pears, without skin or seeds; Royal Anne and Bing cherries.	Raw fruit except those listed under "Foods Included". Canned fruits with tough skins or seeds unless sieved.
BREAD AND CEREALS	Enriched white, fine grain whole wheat and fine rye bread without seeds; crackers and saltines; enriched farina, cornmeal, hominy grits, fine whole wheat cereals; ready-to-eat cereals; corn flakes, puffed wheat, puffed rice and rice cereals, wheat flakes.	Coarse whole wheat and bran breads, coarse cooked cereals, shredded wheat, bran flakes, and other bran cereals.
DESSERTS	Custard, rennet, gelatin plain or with allowed fruits, puddings without raisins; fruit whips, cakes, cookies or frozen desserts without seeds or nuts.	Rich pastries, cakes, and desserts made with coconut, raisins, nuts and fruits unless listed under "Foods Included".
FATS	Butter; margarine with added vitamin A; cream.	Excess fat on meat; foods prepared with excess fat.

## SOFT DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
ACCESSORIES	Sugar, honey, syrup, hard candies, jelly. Salt, pepper, and mild spices.	Highly spiced foods and other sweets.
BEVERAGES	All beverages.	

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange juice	Beef noodle soup	Cream of chicken
Farina	Roast lamb with mint jelly	soup
Soft cooked egg	Escalloped potatoes	Baked macaroni
Bacon	Green beans	and cheese
Toast	Chilled peaches	Buttered peas
Butter	Bread and crackers	Bananas in Jello
Cream	Butter	Bread and
Coffee	Milk	crackers
		Butter
		Milk

### MECHANICALLY SOFT DIET

This diet is ordered for the patient who has trouble chewing because of poorly fitting dentures or none, loose teeth or similar condition. Basically, it will be the soft diet with ground meat and pureed vegetables. It will, however, allow freedom of choice and the patient may have food he can chew. It is unfortunate to give ground meat to a patient who can chew a slice of meat. The mechanically soft diet is, in practice, actually a modification of the general diet as well as the soft diet.

### LIGHT DIET

A light diet is considered synonymous with the soft diet. Unless otherwise specified, the soft diet will be given whenever a light diet is ordered.

## CLEAR LIQUID DIET

This diet consists of clear liquids only. It is minimal in residue and inadequate in all nutrients.

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Clear broth	Clear broth	Clear broth
Flavored gelatin	Flavored gelatin	Flavored gelatin
Tea	Tea	Tea

All other foods omitted.

## FULL LIQUID DIET

This diet contains any liquid food. It usually follows the clear liquid and progressed to the soft diet. It may be used after operations or for patients who have difficulty in swallowing.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, milk drinks, butter-milk.	None
SOUP	Broth, strained cream soup.	All other
MEAT, POULTRY, FISH OR CHEESE	None	All meat, fish, poultry or cheese.
EGGS	Raw, as in eggnog or broth.	All other
POTATO OR ALTERNATE	None except puree in soup.	All other
VEGETABLES	Tomato, vegetable juice, or puree in soup.	All other
FRUIT	Strained fruit juice.	All other
BREAD AND CEREALS	Strained farina or oatmeal.	All breads

## FULL LIQUID DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
DESSERTS	Thin custards, plain gelatin desserts, plain vanilla ice cream, rennet desserts, sherbet.	All other
FATS	Cream	All other
ACCESSORIES	Sugar, salt.	Spices, pepper.
BEVERAGES	Coffee, tea, carbonated beverages.	All other

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Strained orange juice	Cream of pea soup	Broth
Farina	Flavored gelatin	Thin custard
Cream	Milk	Milk
Coffee, cream and sugar		

Between-meal Feedings: Milk, milk drinks, strained fruit juice.

## TONSILLECTOMY DIET

This diet does not include solid or hot foods. Only non-acid liquids, easily swallowed, are used.

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Flavored gelatin	Vanilla ice cream	Vanilla ice cream
Milk	Milk	Milk

All other foods are omitted the first day after operation.

## TUBE FEEDINGS

Tube feedings or high protein oral feedings may be composed of many different foods from skim milk to whole meals which have been reduced in consistency to a smooth liquid by a food blender. A tube feeding depends on the need of the patient. If a high caloric intake is required, it is best to begin with about 1200 calories daily and gradually increase the calories.

### Suggested Uses

A liquid diet suitable for a tube feeding is used in severe physical illness, throat surgery, paralysis of the throat and fractured jaws when it becomes necessary to feed the patient by means of a nasal tube.

### HIGH PROTEIN TUBE FEEDING or ORAL DRINK

The following formula has been adapted for use in this manual. When mixed in a food blender, it will pass through the very small nasal tubes for children. For use with larger tubes, or as a high protein oral drink, it may be prepared with an egg beater or wire whip.

<u>Ingredients</u>	<u>Amounts</u>
Powdered skim milk	1 cup
Whole milk	1 quart
Sugar	$\frac{1}{2}$ cup
Egg yolks	4
Orange juice	$\frac{1}{2}$ cup
Strained baby liver	1 can 3 $\frac{1}{2}$ oz.
Total volume	1 $\frac{1}{2}$ quarts or 1200 cc
Caloric value	130 - calories per 100 cc 40 - calories per 1 oz.

### HOW TO ORDER

Each physician should prescribe the amount and frequency for each feeding over a 24-hour period. The following analysis is given to assist in determining how much will be required to meet the patient's individual needs.

ANALYSIS FOR 1000 cc OF  
HIGH PROTEIN TUBE FEEDING

<u>1000 cc Analysis</u>		<u>Minerals</u>	
Calories	1374	Iron	10.9 mg.
(130 calories /100 cc) (or 40 calories /1 oz.)		Calcium	2.3 gm.
Protein	87 gm.	Phosphorous	2.2 gm.
Fat	52 gm.	Sodium	1040 mg.
Carbohydrate	141 gm.	Potassium	2490 mg.
<u>Vitamins</u>			
A	26,585 I.U.		
D	419 I.U.		
C	66.2 mg.		
Thiamin	.88 mg.		
Riboflavin	5.15 mg.		
Niacin	7.3 mg.		

This formula, if ordered in sufficient amounts, is adequate in all nutrients. Fluids may be added to meet requirements.

When used for long periods of time, the physician may wish to use supplementary vitamins.

LOW SODIUM TUBE FEEDING

For low sodium tube feeding, Lonalac is used in place of the whole milk and powdered milk.

Method

Mix powdered milk with whole milk, add other ingredients and mix with egg beater. Strain through sieve. For a smoother consistency mix meat, egg yolks, and sugar in food blender and then add to other ingredients. When using this formula for an oral drink, substitute strained beef, veal or lamb for liver. Vanilla or chocolate syrup may also be added.

## SUSTAGEN\* TUBE FEEDING

400 gm Sustagen + 800 cc water      (155 calories / 100 cc)  
     (or 51 calories / 1 cc)

<u>1000 cc Analysis</u>	
Calories	1560
Protein	94 gm
Fat	13.2 gm
Carbohydrate	266.4 gm
<u>Vitamins</u>	
A	2220 I.U.
D	220 I.U.
C	132 mg
Thiamin	4.4 mg
Riboflavin	4.4 mg
Niacin	44 mg
<u>Minerals</u>	
Iron	12 mg
Calcium	2.8 gm
Phosphorous	2.0 gm
Sodium	840 mg
Potassium	3080 mg

\* Mead Johnson

This analysis has been included for a comparison with the "High Protein Tube Feeding". It is an excellent product and available for use if desired. However, it is more expensive than the High Protein Tube Feeding.

## BLAND DIET

This diet includes only foods that are mild in flavor, soft in texture and free from fiber, such as seeds, stems, peelings and bran. Bedtime nourishments are advisable when supper is served early in the evening.

Coffee, tea, broth, meat soups are not included unless allowed by the physician.

### Suggested Uses

Irritations of the gastrointestinal tract, such as: convalescent ulcer, gastritis, low gastric acid, high gastric acid, spastic constipation, hemorrhoids, colitis, diverticulitis, cancer.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, milk drinks.	
SOUP	Cream of puree vegetable or tomato soup.	Broth, meat soups.
MEAT, POULTRY, FISH OR CHEESE	Tender beef, chicken, turkey, lamb, liver, fish, veal; cottage cheese, cream cheese, mild American cheese.	Fried, spiced, smoked and fat meats; pork, bacon, ham; sharp cheese; meat gravies.
EGGS	Any style except fried.	Fried eggs
POTATO OR ALTERNATE	White potato, white rice, macaroni, noodles, spaghetti.	Fried and sweet potato, brown rice.
VEGETABLES	Canned or cooked asparagus, beets, carrots, peas, spinach, squash, string or wax beans; puree of corn or Lima beans.	All other
FRUIT	Avocado, ripe banana, canned or cooked apples, apricots, peaches, pears, all without skins; cherries, pureed dried fruit. (Unless specifically contra-indicated)	Fruits with skins and seeds. Raw fruits.

## BLAND DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
FRUIT (Con't)	the patient may also have diluted orange or grapefruit juice.)	
BREAD AND CEREALS	Cooked and dry refined enriched corn, rice, wheat cereals, toast, soda crackers, zwieback. (All bread should be toasted.)	Whole grain cereals and breads, hot breads.
DESSERTS	Custard, gelatin, rennet desserts, cornstarch, tapioca, white bread, or rice pudding; angel food or sponge cake, plain cookies, plain ice cream, apricot or prune whip.	All other
FATS	Butter, cream, margarine.	All other
ACCESSORIES	Sugar, jelly, hard candies; salt in moderation, cinnamon and nutmeg, vanilla and chocolate.	All other
BEVERAGES	Coffee substitutes. (One cup of coffee or tea a day will be allowed unless otherwise ordered.)	Coffee, tea, carbonated beverages.

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange juice, $\frac{1}{2}$ cup	Cream of carrot	Cheese souffle'
Farina, cream, sugar	soup	Cream sauce
Poached egg	Baked halibut	Asparagus tips
White toast	Escalloped potato	Canned peaches
Butter or margarine	Peas	White bread,
Milk	Custard	toasted
Coffee substitute	White bread, toasted	Butter
	Butter or margarine	Milk
	Milk	

## LOW RESIDUE DIETS

Three diets are available: STRICT LOW RESIDUE, SEMI-STRICK LOW RESIDUE, and LOW RESIDUE, providing varying amounts of fibrous residue. They can be used in situations demanding minimal irritation to the lower gastrointestinal tract. The strict low residue diet is suggested as the diet given the night before procedures such as barium enema, IVP's, et cetera.

In ordering low residue diets, it is important to remember that the more restricted of these are not particularly suitable for long term diet therapy.

### STRICT LOW RESIDUE DIET

This diet contains virtually no residue and attains the maximal lack of irritation to the gastrointestinal tract. It is deficient in protein, calories and vitamins, and, therefore, not fit for long term use.

#### Suggested Uses

It may be used in severe ulcerative colitis, problem colostomy patients, and fulminant bowel disorders. It may also be used the night preceding barium enema, IVP, et cetera.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	None except cream for cereal and desserts.	All other
SOUP	Clear broth	All other
MEAT, POULTRY, FISH OR CHEESE	None	All
EGGS	Soft cooked and poached.	All other
POTATO OR ALTERNATE	White rice, noodles, spaghetti, macaroni.	Potato, whole grain rice.
VEGETABLES	None	All
FRUIT	None	All

## STRICT LOW RESIDUE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
BREAD AND CEREALS	Melba toast, white toast, Saltines. Refined cereals and Farina or rice.	All other
DESSERTS	Plain Jello, custard, junket, cornstarch pudding.	All other
FATS	Butter, margarine.	All other
BEVERAGES	Tea	All other

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Farina	Clear broth	Clear broth
Cream	Soft cooked egg	Boiled rice
White toast	Jello	Custard
Butter	White toast	White toast
Tea	Butter	Butter
Sugar	Tea	Tea
	Sugar	Sugar

## SEMI-STRICK LOW RESIDUE DIET

This diet is essentially a bland diet with no fibrous fruits, vegetables or milk. Vitamin C and B complex, protein and calcium should be supplemented.

### Suggested Uses

This diet is suitable in the average case of ulcerative colitis, colon or pelvis surgery, or radium therapy as a "starter" diet.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Cream for cereal.	All other
SOUP	Consomme, chicken broth, strained vegetable soup, strained cream of rice, potato, celery, mushroom.	All other

## SEMI-STRICK LOW RESIDUE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
MEAT, POULTRY, FISH OR CHEESE	Cream, cottage, American, and Swiss cheese. Tender broiled or roasted beef, veal, turkey, fish, lamb, or chicken.	Pork and all other.
EGGS	Soft cooked, scrambled, soft baked, hard cooked, creamed.	Fried and raw.
POTATO OR ALTERNATE	Baked, or mashed, spa- ghetti and macaroni, noodles and rice.	Fried potatoes, whole grain rice.
VEGETABLES	None	All vegetables
FRUIT	None	All fruits
BREAD AND CEREALS	Refined and enriched breads. Enriched and refined Farina, rice, Krispies, Flakes.	Whole bran and whole grains.
DESSERTS	Flavored gelatin, custard, arrowroot cookies, angel food cake, junket, corn- starch puddings.	Omit those with fruit, nuts, raisins or fruit juices.
FATS	Butter and margarine.	All other
ACCESSORIES	Sugar, salt, plain jelly.	All other
BEVERAGES	Coffee, tea.	All other

## SEMI-STRICK LOW RESIDUE DIET (Continued)

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Farina	Broth	Strained cream of
Soft cooked egg	Roast beef	celery soup
White toast	Mashed potato	Baked macaroni and
Butter	Tapioca pudding	cheese
Coffee	White bread	Jello
	Butter	White toast
	Tea	Butter
		Tea

### LOW RESIDUE DIET

This diet provides a residue diet with more liberal feedings of fruit and vegetables. Coarse cereals and fibrous vegetables are avoided. It is nutritionally adequate except for some deficiency in Vitamin C.

### Suggested Uses

It may be used as a long term diet in sub-acute and chronic colitis, permanent colostomy patients, and less severe, chronic gastrointestinal disorders.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Cream for cereal. Milk and cream.	All other
SOUP	Consomme, chicken broth, strained vegetable soup, strained cream of rice, potato, celery, mushroom.	All other
MEAT, FISH, POULTRY OR CHEESE	Cream, cottage, American, and Swiss cheese. Tender broiled or roasted beef, veal, turkey, fish, lamb, or chicken.	Pork and all other.
EGGS	Soft cooked, scrambled, soft baked, hard cooked, creamed.	Fried and raw.

## LOW RESIDUE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
POTATO OR ALTERNATE	Mashed, baked and creamed. White rice, noodles, spaghetti, macaroni.	Fried potato, whole grain rice.
VEGETABLES	Asparagus, carrots, spinach, squash, and sweet potatoes. Well cooked - puree if fibrous.	All other unless specified.
FRUIT	Applesauce, apricots, ripe bananas, peaches, pears. Cooked, canned, or juice.	All other unless specified.
BREAD AND CEREALS	Refined and enriched breads. Enriched and refined Farina, rice, Krispies, Flakes.	Whole bran and whole grains.
DESSERTS	Flavored gelatin, cus- tard, plain cookies, angel food cake, junket, cornstarch pudding.	Omit those with fruit, nuts, raisins, or fruit juices.
FATS	Butter and margarine.	All other
ACCESSORIES	Sugar, salt, plain jelly.	All other
BEVERAGES	Coffee, tea.	All other

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Peach nectar	Consomme	Cream of aspara-
Cream of Rice	Mashed potato	gus soup
Soft cooked egg	Buttered carrots	Baked omelet
White toast	Baked custard	Buttered peas
Butter	White bread	Jello cubes with
Cream for cereal	Butter	sugar cookies
Coffee	Milk	White bread
		Butter
		Tea

## ULCER DIETS

The Sippy diet is time honored in medicine but does appear to be deficient in certain dietary constituents such as protein, iron and vitamins. It is the aim in treating an ulcer to furnish frequent small feedings which are nutritionally adequate but which avoid mechanical and chemical irritants and which are not associated with undue gastric stimulation. Practically all diets for ulcer management start out with hourly milk and cream feedings and provide antacid medication on the half-hour. It should be noted that in the obese patient such a high fat diet aggravates the obesity. For such a person whole milk, and sometimes even skimmed milk, may be used in place of the milk-cream mixture.

For this manual the following diets have been adopted: PHASE I ULCER DIET for the acute process, PHASE II ULCER DIET for the convalescing person, and PHASE III ULCER DIET for the ambulatory patient. In addition, we have included a modified Sippy diet, as well as a list of typical foods used in the treatment of peptic ulcer.

### PHASE I

This diet consists of four ounces hourly of "Half-and Half" cream which equals 10% fat.

In composition, it is carbohydrate, 90 Gm.; protein, 54 Gm.; fat, 180 Gm.; and totals 2196 calories per day.

If four ounces of whole milk are substituted for the above, the composition would be carbohydrate, 90 Gm.; protein, 54 Gm.; fat, 72 Gm.; and the total calories would be 1224 per day.

If four ounces of skim milk are used, the figures would be carbohydrate, 90 Gm.; protein, 54 Gm.; fat, 18 Gm.; and the total calories would be 738 per day.

### Suggested Uses

Phase I is used the first few days while the patient is still experiencing pain and other symptoms of an acute process. It is not for long term use chiefly because of its nutritional deficiencies.

## PHASE I (Continued)

### Sample Menu

Hourly feedings of four ounces of "Half-and-Half", which is 10% fat, from 7:00 a.m. until 9:00 p.m., and during the night if the patient is awake or has symptoms. Antiacid is to be given on the half hour.

## PHASE II Second Stage Ulcer Management

### Suggested Uses

Phase II may be used in patients with an active ulcer after the first few days by which time pain and other acute symptoms will have subsided. It maintains hourly feedings from 7:00 a.m. to 9:00 p.m.

When "Half-and-Half" cream (equal to 10% fat) is used, the composition is carbohydrate, 181 Gm.; protein, 65 Gm.; fat, 181 Gm.; total calories, 2613.

Normally, after approximately one week, this diet is automatically changed to the Phase III (Ambulatory Ulcer Management) Diet unless the physician advises otherwise.

### Sample Menu

#### Suggested Distribution of the Total Food Allowances for One Day:

<u>Feeding at</u>	<u>Food</u>	<u>Quantity</u>	<u>Antiacid at</u>
7:00 a.m.	"Half-and-Half" (10% cream)	3 ounces	
			7:30 a.m.

### Breakfast

8:00 a.m.	Cereal (strained and cooked)	$\frac{1}{2}$ cup
	Egg	1
	Dry white toast	1 slice
	Butter	1 square
	Cream	$\frac{1}{2}$ cup (2 oz.)
	Sugar	2 teaspoons
	Beverage - Coffee substitute	

**PHASE II (Continued)**

<u>Feeding at</u>	<u>Food</u>	<u>Quantity</u>	<u>Antacid at</u>
9:00 a.m.	"Half-and-Half"	3 ounces	
10:00 a.m.	"Half-and-Half"	3 ounces	9:30 a.m.
11:00 a.m.	"Half-and-Half"	3 ounces	
<u>Luncheon</u>			
12:00 noon	Creamed soup		
	Milk	$\frac{1}{2}$ cup (4 oz.)	
	Cream	$\frac{1}{2}$ cup (2 oz.)	
	Vegetable puree	$\frac{1}{2}$ cup	
	Dry white toast	1 slice	
	Butter	1 square	
	Dessert	1 serving	
	Milk	4 oz.	
1:00 p.m.	"Half-and-Half"	3 ounces	
2:00 p.m.	"Half-and-Half"	3 ounces	1:30 p.m.
3:00 p.m.	"Half-and-Half"	3 ounces	
4:00 p.m.	"Half-and-Half"	3 ounces	3:30 p.m.
5:00 p.m.	"Half-and-Half"	3 ounces	
			5:30 p.m.
<u>Dinner</u>			
6:00 p.m.	Egg or egg substitute*	1	
	Potato, baked	1 small serving	
	Dry white toast	1 slice	
	Butter	2 squares	
	Dessert	1 serving	
	Milk	4 oz.	
7:00 p.m.	"Half-and-Half"	3 ounces	
8:00 p.m.	"Half-and-Half"	3 ounces	7:30 p.m.
9:00 p.m.	"Half-and-Half"	3 ounces	8:30 p.m.

\*Egg substitutes include omelets, macaroni and cheese, cottage cheese, or souffles.

PHASE III  
Ambulatory Ulcer Management

Suggested Uses

Phase III may be used during the healing process in the hospital or at home. It is intended to be nutritionally adequate.

Estimated quantitative total food allowance for one day, using whole milk, is: carbohydrate, 232 Gm.; protein 97 Gm.; fat, 126 Gm.; total calories, 2450.

Using "Half-and-Half" (10% cream) it is: carbohydrate, 213 Gm.; protein, 95 Gm.; fat, 109 Gm.; total calories, 2220. This diet would normally be followed by the bland diet.

Sample Menu

Suggested Distribution of the Total Food  
Allowance for One Day

Breakfast

<u>8:00 a.m.</u>		<u>Antiacid at</u>
Stewed fruit	1 small serving	7:30 a.m.
Cereal (cooked)	$\frac{1}{2}$ cup	
Egg	1	
Dry white toast	1 slice	
Butter	2 squares	
Cream	$\frac{1}{2}$ glass	
Orange juice	1/3 glass (3 oz.) diluted with equal amount of water	
Sugar	2 teaspoons	
Beverage - Coffee substitute		9:30 a.m.
<u>10:00 a.m.</u>		
Whole milk	1 glass (8 oz.)	11:30 a.m.

Luncheon

<u>12:00 noon</u>	
Egg or egg substi- tute*	1
Potato or substi- tute	1 small serving
Vegetable puree**	1 serving
Dry white toast	1 slice
Butter	2 squares

### PHASE III (Continued)

		<u>Antacid at</u>
Stewed fruit	1 small serving	
Milk	1 glass	1:30 p.m.
<u>3:00 p.m.</u>		
Whole milk	1 glass (8 oz.)	5:30 p.m.
		<u>Dinner</u>
<u>6:00 p.m.</u>		
Creamed soup		
Milk	$\frac{1}{2}$ glass	
Cream	$\frac{1}{4}$ cup	
Vegetable puree	$\frac{1}{2}$ cup, scant	
Meat	1 small serving ( $1\frac{1}{2}$ oz.)	
Potato	1 small serving	
Vegetable puree**	1 serving	
Dry white toast	1 slice	
Butter	2 squares	
Milk	1 glass	
Dessert	1 serving	7:30 p.m.
<u>8:00 or 9:00 p.m.</u>		
Whole milk	1 glass (8 oz.)	9:30 p.m.

\*Egg substitute: Omelette, macaroni and cheese, creamed eggs on toast, or cottage cheese.

\*\*If the patient is symptom free after one month on ambulatory diet, need not puree if vegetables are well masticated.

### ULCER DIET - FOOD LIST

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk and milk drinks.	None
SOUP	Strained cream soups, salt to be only seasoning.	Broth and meat soups.
MEAT, POULTRY, FISH OR	Tender veal, lamb, beef, white fish, white meat of fowl, tuna and salmon.	Fried, spiced, smoked, and fat meats; pork, ham; sharp cheese.
CHEESE	Cottage, cream or mild American.	

### ULCER DIET - FOOD LIST (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
EGGS	Any way but fried.	Fried egg
POTATO OR ALTERNATE	Potatoes, white rice, macaroni, noodles, spaghetti.	Fried potatoes, whole grain rice.
VEGETABLES	Canned or cooked asparagus, string beans, carrots, spinach, sweet potatoes, peas, corn or lima beans. All to be pureed.	All other
FRUIT	Canned or cooked, without seeds or skins, such as peaches, pears, applesauce, apricots, stewed prune puree, Royal Anne cherries, raw ripe banana.	Raw fruits, or cooked if with seeds or skins.
BREAD AND CEREALS	White bread or toast, soda crackers, saltines, Melba toast, rusk and Zwieback. Cooked and dry refined cereal, such as cream of wheat, Farina, oatmeal, Pablum, cornflakes, rice krispies, puffed rice.	Whole grain and hot breads. Whole grain, bran cereal.
DESSERTS	Simple puddings and custards, plain cookies, angel food cake or sponge cake, plain ice cream, prune whip.	All other
FATS	Butter, cream, margarine, mayonnaise.	All other
ACCESSORIES	Salt, sugar, plain jellies, in moderate amounts, hard candies.	All other
BEVERAGES	Coffee substitutes such as Sanka, Kaffee Hag, Postum.	Coffee, tea, carbonated beverages and cola.

## MODIFIED SIPPY DIET

This diet has become well established in medical usage but it does have certain disadvantages. It tends to be deficient in protein, iron and vitamins. In its original form there were consistently more feedings than the patient would eat and its monotony, eggs for example, taxed the tolerance of the patient. In the obese patient, the physician may wish to prescribe whole or even skim milk.

- 1st Day - 7 a.m. to 9 p.m. -  $\frac{1}{2}$  oz. 10% cream hourly  
2nd Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
3rd Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
4th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
12 noon - 1 egg  
5th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
7 a.m. - 3 oz. fine cereal  
12 noon - 1 egg  
5 p.m. - 1 egg  
6th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
7 a.m. - 3 oz. fine cereal  
12 noon - 1 egg  
5 p.m. - 1 egg  
7th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
7 a.m. - 3 oz. fine cereal  
9 a.m. - 1 egg  
12 noon - 1 egg  
5 p.m. - 1 egg  
8th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
7 a.m. and 3 p.m. - 3 oz. fine cereal  
9 a.m., 12 noon, and 5 p.m. - 1 egg  
9th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
7 a.m. and 3 p.m. - 3 oz. fine cereal  
9 a.m., 12 noon, 5 p.m., and 8 p.m. - 1 egg  
  
10th Day - 7 a.m. to 9 p.m. - 3 oz. 10% cream hourly  
to 7 a.m., 11 a.m., and 3 p.m. - 3 oz. fine cereal  
14th Day 9 a.m., 12 noon, 5 p.m., and 8 p.m. - 1 egg  
  
15th Day through Fourth Week  
7 a.m. to 7 p.m. - 3 oz. 10% cream hourly  
8:00 a.m. 3:00 p.m.  
3 ounces cereal 1 egg or 3 ounces  
2 slices white toast cereal, dessert or  
1 egg, soft cooked or soup  
poached 1 slice white toast  
 $\frac{1}{2}$  square butter

## MODIFIED SIPPY DIET. (Continued)

10:00 a.m.		5:30 p.m.
1 egg		1 ounce pureed sieved
1 slice white toast		vegetable
1 square butter		3 ounces potato
12:00 noon		1 ounce custard or
2 ounces cottage cheese		simple dessert
2 ounces potato		1 slice toast
1 ounce pureed vegetable		1 square butter
2 ounces custard or simple	Bedtime	
dessert		1 slice white toast
1 slice toast		1 square butter
1 square butter		Custard or Jello

### Fifth to Twelfth Week

7:00 a.m. to 7:00 p.m. - 3 oz. 10% cream hourly

8:00 a.m.		3:00 p.m.
3 ounces cereal		1 egg or simple dessert
1 egg		or cereal
1 slice toast		2 crackers
1 square butter		$\frac{1}{2}$ square butter
10:00 a.m.		5:30 p.m.
1 egg		2 ounces cottage cheese
1 slice toast		2 ounces pureed sieved
1 square butter		vegetable
12:00 noon		3 ounces potato
Cream soup (substituted for		4 ounces custard or
milk and cream)		simple dessert
Tender meat (small serving)		1 slice toast
3 ounces vegetable puree		1 square butter
3 ounces cooked or canned	Bedtime	
fruit		Custard or Jello
1 slice bread		1 slice toast
1 square butter		1 square butter
1 teaspoon jelly		

See Ulcer Food List, page 24.

This diet is normally followed by a bland diet.

## LOW SODIUM DIETS

These diets are adaptations of the low sodium diets published by the American Heart Association. They are used for patients with edema related to congestive heart failure, certain kidney diseases, cirrhosis of the liver, ACTH and cortisone therapy, hormone therapy in menopause or certain types of cancer and toxemia of pregnancy. They are also used for hypertension with or without edema, and Ménieré's disease. Since all foods contain some sodium, it is impossible to construct a "salt-free" diet.

Low sodium diets should be ordered as follows:

250 milligrams Sodium  
500 milligrams Sodium  
1000 milligrams Sodium  
1500 milligrams Sodium

Note: Salt substitutes will be given only by order of the physician, since giving large amounts of potassium to patients with renal disease, or ammonium to those with severe liver disease may be hazardous.

### 250 MILLIGRAM SODIUM DIET Very Strict Restriction

For this level of sodium restriction use the 500 Milligram sodium diet, changing the 2 cups of milk to 2 cups of low sodium milk, such as "Lonalac".

### 500 MILLIGRAM SODIUM DIET Strict Restriction

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, 2 cups only	Buttermilk
SOUP	Unsalted cream soup made with milk allowance. Unsalted broth soups.	Commercial canned, frozen or dehydrated soups.

## 500 MILLIGRAM SODIUM DIET (Continued)

## Strict Restriction

	<u>Foods Included</u>	<u>Foods Omitted</u>
MEAT, POULTRY, FISH OR CHEESE	Any meat, fish, poultry or fresh oysters in amounts not exceeding 4 oz. per day, prepared without salt except those listed under "Foods Omitted". 1 oz. of American cheese or $\frac{1}{2}$ cup of cottage cheese may be substituted for 2 oz. of meat. Canned low sodium tuna or canned salmon.	Salted, smoked or canned salted meats, fish or poultry, kidney, frozen fish fillet, shellfish except fresh oysters. Other cheese.
EGGS	No more than one daily.	No other. If egg is not taken, 2 oz. of meat may be added.
POTATO OR ALTERNATE	Potato, macaroni, noodles, rice, spaghetti unsalted.	Hominy, potato chips.
VEGETABLES	Fresh vegetables and any canned, cooked or frozen vegetable prepared without salt, except those listed under "Foods Omitted".	Vegetables canned or cooked with salt. Frozen peas or Lima beans, beets, beet greens, celery, spinach, sauerkraut.
FRUIT	Any except those listed under "Foods Omitted".	Raisins and dried figs.
BREAD AND CEREALS	Bread made without salt, milk, baking powder, baking soda or salted fat. Unsalted Matzoth. Cooked cereals prepared without salt. Puffed rice, puffed wheat, shredded wheat, muffets.	Breads, crackers or hot breads made with salt, baking powder, baking soda; pancakes, waffles, pretzels. Dry prepared cereals except those listed under "Foods Included". Quick cooking cereals.

**500 MILLIGRAM SODIUM DIET (Continued)**  
**Strict Restriction**

	<u>Foods Included</u>	<u>Foods Omitted</u>
DESSERTS	Custard or ice cream made with egg and milk allowance; gelatin desserts made with plain gelatin and foods allowed. Unsalted fruit pie, desserts made without salt, baking powder, baking soda or egg white.	Desserts prepared with salt, baking soda, baking powder, extra egg white. Commercial ice cream, rennet, gelatin or cake "mixes".
FATS	Unsalted butter, unsalted salad dressings, unsalted shortening. Cream.	Bacon fat, salted butter, salted margarine, salted salad dressings, salt pork.
ACCESSORIES	Chocolate except Dutch process cocoa, herbs, spices, unsalted nuts, unsalted peanut butter, unsalted popcorn.	Catsup, chili sauce, gravy, prepared horseradish, salted pickles, celery, garlic or onion salt, prepared mustard, olives, bouillon cubes, canned soups, salted nuts.
BEVERAGES	Coffee, tea, Sanka, Postum.	Carbonated beverages. Chemically softened water. Any water high in sodium.

Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Grapefruit, one-half	Unsalted beef roast	Unsalted cream
Unsalted oatmeal	Baked potato with unsalted butter	of pea soup
Soft cooked egg	String beans, un-salted	Unsalted lamb chop
Low sodium bread	Cabbage salad	Carrot sticks
Low sodium butter	Low sodium bread	Tomato slices
Jelly	Low sodium butter	Fruit gelatin
Coffee	Apple tapioca	Low sodium bread
Sugar	Milk	Low sodium butter
Cream		Tea with sugar

**700 MILLIGRAM SODIUM RESTRICTION  
for  
TOXEMIA OF PREGNANCY OR CHILDREN**

Use 500 Milligram Diet but serve 1 quart of milk and 2 citrus fruits daily. This gives 700 milligrams sodium and 100 grams protein.

**1000 MILLIGRAM SODIUM DIET  
Moderate Restriction**

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, 2 cups only.	Buttermilk
SOUP	Unsalted cream soup made with milk allowance. Unsalted broth.	Commercial canned, frozen, dehydrated soups.
MEAT, POULTRY, FISH OR CHEESE	Any meat, fish, poultry or fresh oysters in amounts not exceeding 4 oz. per day, prepared without salt except those listed under "Foods Omitted". 1 oz. of American cheese or $\frac{1}{2}$ cup of cottage cheese may be substituted for 2 oz. of meat. Canned low sodium tuna or canned salmon.	Salted, smoked or canned salted meats, fish or poultry, kidney, frozen fish fillet, shellfish except fresh oysters. All other cheese.
EGG	No more than one daily.	No other. If egg is not taken, 2 oz. of meat may be added.
POTATO OR ALTERNATE	Potato, macaroni, noodles, rice, spaghetti unsalted.	Hominy, potato chips.
VEGETABLES	Fresh vegetables and any canned, cooked or frozen vegetable prepared without salt, except those listed under "Foods Omitted".	Vegetables canned or cooked with salt. Frozen peas or Lima beans, beets, beet greens, celery, spinach, sauerkraut.

## 1000 MILLIGRAM SODIUM DIET (Continued)

## Moderate Restriction

	<u>Foods Included</u>	<u>Foods Omitted</u>
FRUIT	Any except those listed under "Foods Omitted".	Raisins and dried figs.
BREAD AND CEREALS	3 slices of regular bread. If more than 3 slices a day are used, use Low Sodium bread. Unsalted Matzoth. Cooked cereals prepared without salt. Puffed rice, puffed wheat, shredded wheat, muffets.	Breads, crackers, or hot breads made with salt, baking powder, baking soda, pancakes, waffles, pretzels. Dry prepared cereals except those listed under "Foods Included". Quick cooking cereals.
DESSERTS	Custard or ice cream made with egg and milk allowance; gelatin desserts made with plain gelatin and foods allowed. Unsalted fruit pie, desserts made without salt, baking powder, baking soda or egg white.	Desserts prepared with salt, baking soda, baking powder, extra egg white. Commercial ice cream, rennet, gelatin, or cake "mixes".
FATS	Unsalted butter, unsalted salad dressings, unsalted shortening. Cream.	Bacon fat, salted butter, salted margarine, salted salad dressings, salt pork.
ACCESSORIES	Chocolate except Dutch process cocoa, herbs, spices, unsalted nuts, unsalted peanut butter, unsalted popcorn.	Catsup, chili sauce, gravy, prepared horseradish, salted pickles, celery, garlic or onion salt, prepared mustard, olives, bouillon cubes, canned soups, salted nuts.
BEVERAGES	Coffee, tea, Sanka, Postum.	Carbonated beverages. Chemically softened water. Any water high in sodium.

1000 MILLIGRAM SODIUM DIET (Continued)  
Moderate Restriction

Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Sliced oranges	Unsalted roast	Unsalted cream
Unsalted Farina	turkey	of potato soup
Poached egg	Unsalted mashed	Unsalted beef
Regular toast	potatoes	pattie
Low Sodium butter	Cooked carrots,	Green beans, un-
Coffee	unsalted	salted
Sugar	Tossed salad with	Sliced tomatoes
Cream	lemon	Low Sodium butter
	Regular bread	Regular bread
	Low Sodium butter	Baked apple
	Chilled peach halves	Tea with sugar
	Milk	

1500 MILLIGRAM SODIUM DIET

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, 2 cups only.	Buttermilk
SOUP	Unsalted cream soup made with milk allow- ance. Unsalted broth soup.	Commercial canned, frozen, dehydrated soups.
MEAT, POULTRY, FISH OR CHEESE	Any meat, fish, poultry or fresh oysters in amounts not exceeding 4 oz. per day, prepared without salt except those listed under "Foods Omitted". 1 oz. of American cheese or $\frac{1}{2}$ cup of cottage cheese may be substituted for 2 oz. of meat. Canned low sodium tuna or canned salmon.	Salted, smoked or canned salted meats, fish or poultry, kidney, frozen fish fillet, shellfish except fresh oysters. All other cheese.
EGG	No more than one daily.	No other. If egg is not taken, 2 oz. of meat may be added.

**1500 MILLIGRAM SODIUM DIET (Continued)**

	<u>Foods Included</u>	<u>Foods Omitted</u>
POTATO OR ALTERNATE	Potato, macaroni, noodles, rice, spaghetti, unsalted.	Hominy, potato chips.
VEGETABLES	Fresh vegetables and any canned, cooked or frozen vegetable pre- pared without salt, except those listed under "Foods Omitted".	Vegetables canned or cooked with salt. Frozen peas or Lima beans, beets, beet greens, celery, spinach, sauerkraut.
FRUIT	Any except those listed under "Foods Omitted".	Raisins and dried figs.
BREAD AND CEREALS	4 slices of regular bread a day. If more than 4 slices, use Low Sodium bread. Unsalted Matzoth. Cooked cereals prepared without salt. Puffed rice, puffed wheat, shredded wheat, muffets.	Breads, crackers or hot breads made with salt, baking powder, baking soda, pan- cakes, waffles, pretzels. Dry pre- pared cereals except those listed under "Foods Included". Quick cooking cereals.
DESSERTS	Custard or ice cream made with egg and milk allowance; gelatin des- serts made with plain gelatin and foods al- lowed. Unsalted fruit pie, desserts made with- out salt, baking powder, baking soda or egg white.	Desserts prepared with salt, baking soda, baking powder, extra egg white. Commercial ice cream, rennet, gelatin or cake "mixes".
FATS	Regular butter, up to 6 teaspoons a day. Un- salted shortening and unsalted salad dressing. Cream.	Bacon fat, salted butter, salted mar- garine, salted salad dressings, salt pork.
ACCESSORIES	Chocolate except Dutch process cocoa, herbs,	Catsup, chili sauce, gravy, prepared

**1500 MILLIGRAM SODIUM DIET (Continued)**

	<u>Foods Included</u>	<u>Foods Omitted</u>
ACCESSORIES (Con't)	spices, unsalted nuts, unsalted peanut butter, unsalted popcorn.	horseradish, salted pickles, celery, garlic or onion salt, prepared mustard, olives, bouillon cubes, canned soups, salted nuts.
BEVERAGES	Coffee, tea, Sanka, Postum.	Carbonated beverages, chemically softened water. Any water high in sodium.

Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange juice	Unsalted roast veal	Unsalted broth
Puffed rice	Baked potato with	with rice
Soft cooked egg	1 pat butter	$\frac{1}{2}$ cup cottage
Toast, 1 slice	Green beans	cheese with
Butter, 1 pat	Fruit salad	pineapple
Coffee	Ice cream	rings on
Cream	Bread, 1 slice	lettuce
Sugar	Butter, 1 pat	Carrot sticks
		Toast, 2 slices
		Butter, 2 pats
		Canned peaches
		Milk
		Tea, sugar

## CONDIMENTS AND FLAVORINGS THAT MAY BE USED ON SODIUM RESTRICTED DIET

### What To Use

All spices and herbs, with the exception of dehydrated celery and parsley flakes and certain seasoning blends, may be used in low sodium diets. Products such as garlic salt and onion salt should be avoided.

Seasoning blends must be considered separately. These mixtures are designed to simplify seasoning and labels should be checked to see if salt is added. Generally curry powder, apple pie spice and pumpkin pie spice do not contain salt, yet, chili powder, barbecue spice, shrimp spice and seafood seasoning do contain salt. There is a salt-free chili powder. Poultry seasoning often contains salt.

### How To Use Spices And Herbs

Salt has a tendency to emphasize the flavors of spices and herbs; therefore, when working with low sodium dishes the spices need a slightly heavier hand. To get started use this rule of thumb;  $\frac{1}{2}$  teaspoon of spice per pint of sauce or pound of meat. This is a start but it will probably take more seasoning to give good results. Simply taste, increase the spice, taste again until the food takes on an improved flavor. Keep track of the amount finally used, this will constitute your recipe next time.

For the most part, ground spice is more convenient to use. However, in long cooking whole spice tied in a cheese-cloth bag is preferred since the heat draws out the flavor slowly and permeates the food completely.

### Do Not Use These Foods

Salt (table)	Mustard, prepared
Baking powder	Onion salt
Baking soda	Pickles
Bouillon cubes	Potato chips
Celery salt	Pretzels
Garlic salt	Relishes (commercial)
Horseradish, prepared	Salted popcorn
Catsup	Self-rising flour
Meat extracts	Soups, canned
Meat sauces	Worcestershire sauce
Monosodium glutamate (Accent)	

Also: Certain "stomach antiacids", laxatives and sedatives contain sodium and are not recommended.

## Special Sodium-Restricted Dietetic Foods

Foods specially processed without salt or other sodium products for use with sodium-restricted diets are available. By law, the labels on these foods must state the amount of sodium in 100 grams, or for an average portion.

### Blends of Spices and Herbs That May Be Used to Season Vegetables, Meat, Fish and Poultry

#### Recipe I

Thyme	1½ teaspoon
Sage	3/4 teaspoon
Rosemary	1½ teaspoon
Marjoram	1½ teaspoon 5 teaspoons

#### Recipe II

Thyme	1 teaspoon
Sage	½ teaspoon
Savory	1½ teaspoons
Rosemary	1 teaspoon
Marjoram	1½ teaspoon 5 teaspoons

#### Recipe III

Thyme	1½ teaspoon
Savory	1½ teaspoon
Celery Seed	½ teaspoon
Basil	½ teaspoon
Marjoram	1½ teaspoon 5 teaspoons

Use ground herbs or pulverized. Placed in salt shakers these blends may be used for seasoning at the table.

### Other Recipes Using Herbs and Spices

#### Herb Butter

1 cup

Unsalted butter	½ pound
Fresh lemon juice	½ teaspoon
Cream butter; add lemon juice and seasoning; either	
Basil leaves	1 teaspoon
Ground marjoram	½ teaspoon
Savory leaves	½ teaspoon

Serve with vegetables.

either:

Ground marjoram	½ teaspoon
Powdered mustard	1 teaspoon
Tarragon leaves	1 teaspoon
Rosemary leaves	1 teaspoon
Serve with fish, chops, or steaks. Portion size: 1 tbsp; Mg.Na. .7 (approx.) Calories 115	

## Other Recipes Using Herbs and Spices (Con't)

<u>French Dressing</u>	<u>1 pint</u>
Salad oil	1 1/3 cup
Instant minced onion	2 teaspoons
Garlic powder	½ teaspoon
Dry mustard	1 teaspoon
Paprika	1 teaspoon
Ground black pepper	½ teaspoon
Sugar	2 teaspoons
Cider vinegar	3/4 teaspoon

Combine salad oil, seasonings,  
and sugar; let stand at least 1 hour.

Add vinegar and beat with an  
electric or rotary beater until well  
blended.

Shake well before using.

Portion size: 1 tbsp; Mg.Na.  
.05; Calories 95.

## DIABETIC DIETS

The simplified method of planning diabetic diets prepared by the American Dietetic Association, the American Diabetes Association, and the United States Public Health Service, is used in this manual. Changes to make if the diabetic diet must be bland or low in sodium are given.

Foods are divided into six groups called Exchange Lists. Each food within a list contains the same amount of sugar as any other food in that list. The patient will get the same food value if any one food on a list is selected. This enables the patient to have a wider variety of foods of similar food value.

Foods are measured with standard household measuring utensils. A standard 8-ounce measuring cup, a standard teaspoon and tablespoon are the equipment needed. Most foods are measured after cooking and the measurements kept level.

Foods may also be weighed for the new diabetic or when setting hospital trays it may be preferable to weigh foods in grams. Both the household measures and gram weights are given in each exchange group.

Special diabetic foods except for canned fruits are not necessary. Fruit may be canned in water or juice and may be sweetened with a non-sugar sweetener.

A diabetic may eat the same foods purchased for the general diet -- milk, vegetables, breads, meats, fats and fruits without added sugar. The amount of fat or flour used in preparing foods must be considered as part of the day's allowance.

Certain foods are not in the Exchange Lists because they have a lot of sugar. They should not be given except on the advice of the physician. They are:

Sugar	Jam	Cookies	Syrup	Marmalade
Candy	Jelly	Condensed milk	Pie	Chewing gum
Honey	Cake	Preserves	Molasses	Soft drinks

Seasonings may be used to make the food more tasty and interesting, as:

Garlic	Nutmeg	Lemon
Onion	Mustard	Saccharine
Celery Salt	Cinnamon	Sucaryl
Chopped parsley	Salt	Vinegar
Mint	Other spices	Pepper

## DIABETIC DIETS (Continued)

Other foods that can be given freely are:

Coffee	Rennet tablets
Tea	Pickles, sour
Clear broth	Pickles, unsweetened, dill
Bouillon without fat	Cranberries without sugar
Gelatin unsweetened	Rhubarb without sugar

Nutrition is very important to the diabetic. He should learn to choose foods that constitute an adequate well-balanced diet because this diet with minor changes is for a lifetime.

### LIST I - MILK EXCHANGES

Carbohydrate 12 Gm., Protein 8 Gm., Fat 10 Gm., Calories 170

Milk, whole	1 cup	240 Gm.
Milk, evaporated	$\frac{1}{2}$ cup	120 Gm.
Milk, powdered	$\frac{1}{2}$ cup	35 Gm.
Buttermilk	1 cup	240 Gm.
Milk, skim	1 cup	240 Gm.

Add two fat exchanges if milk is fat free.

### LIST II - VEGETABLE EXCHANGES

Group A. Insignificant carbohydrate or calories. You may eat as much as desired of raw vegetables. If cooked vegetable is eaten, limit amount to 1 cup.

Asparagus	Eggplant	Kale	Pepper, green or red
Broccoli	Escarole	Mustard	Radishes
Brussels sprouts	<u>GREENS</u>	Spinach	Sauerkraut
Cabbage	Beet	Turnip	String beans
Cauliflower	Chard	Lettuce	Summer squash
Celery	Collard	Mushrooms	Tomatoes
Chicory	Dandelion	Okra	Water cress
Cucumbers			

Group B. Carbohydrate 7 Gm., Protein 2 Gm., Calories 36. One serving equals  $\frac{1}{2}$  cup or 100 Gm.

Beets	Onions	Pumpkin	Squash, winter
Carrots	Peas, green	Rutabagas	Turnips

## DIABETIC DIETS (Continued)

### LIST III - FRUIT EXCHANGES

Carbohydrate 10 Gm., Calories 40. (Fruits may be fresh, dried, frozen, or canned without added sugar.)

Apple	1 small (2" diameter)	80 Gm.
Applesauce	$\frac{1}{2}$ cup	100 Gm.
Apricots, fresh	2 medium	100 Gm.
Apricots, dried	4 halves	20 Gm.
Banana	$\frac{1}{2}$ small	50 Gm.
Berries	1 cup	150 Gm.
Blueberries	2/3 cup	100 Gm.
Cantaloupe	1/4 (6" diameter)	200 Gm.
Cherries	10 large	75 Gm.
Dates	2	15 Gm.
Figs, fresh	2 large	50 Gm.
Figs, dried	1 small	15 Gm.
Grapefruit	$\frac{1}{2}$ small	125 Gm.
Grapefruit juice	$\frac{1}{2}$ cup	100 Gm.
Grapes	12	75 Gm.
Grape juice	$\frac{1}{2}$ cup	60 Gm.
Honeydew melon	1/8 (7" diameter)	150 Gm.
Mango	$\frac{1}{2}$ small	70 Gm.
Orange	1 small	100 Gm.
Orange juice	$\frac{1}{2}$ cup	100 Gm.
Papaya	1/3 medium	100 Gm.
Peach	1 medium	100 Gm.
Pear	1 small	100 Gm.
Pineapple	$\frac{1}{2}$ cup	80 Gm.
Pineapple juice	1/3 cup	80 Gm.
Plums	2 medium	100 Gm.
Prunes, dried	2	25 Gm.
Raisins	2 tablespoons	15 Gm.
Tangerine	1 large	100 Gm.
Watermelon	1 cup	175 Gm.

### LIST IV - BREAD EXCHANGES

Carbohydrate 15 Gm., Protein 2 Gm., Calories 68.

Bread	1 slice	25 Gm.
Biscuit, roll	1 (2" diameter)	35 Gm.
Muffin	1 (2" diameter)	35 Gm.

LIST IV - BREAD EXCHANGES (Continued)

Cornbread	1½" cube	35 Gm.
Flour	2½ tablespoons	20 Gm.
Cereal, cooked	½ cup	100 Gm.
Cereal, dry	¾ cup	20 Gm.
Rice or grits, cooked	½ cup	100 Gm.
Spaghetti, noodles, etc.	½ cup	100 Gm.
Crackers, graham	2	20 Gm.
Crackers, soda or saltine	4	20 Gm.
Crackers, round	6-8	20 Gm.
Vegetables		
Beans, lima, navy, etc.	½ cup	90 Gm.
Peas, split peas, etc.,		
dry, cooked	½ cup	90 Gm.
Baked beans, no pork	½ cup	50 Gm.
Corn	1/3 cup	80 Gm.
Parsnips	2/3 cup	125 Gm.
Potatoes, white, baked or boiled	1 (2" diameter)	100 Gm.
Potatoes, white, mashed	½ cup	100 Gm.
Potatoes, sweet or yams	½ cup	60 Gm.
Sponge or angel cake	1½" cube	25 Gm.
Ice Cream		
(Omit 2 fat exchanges)	½ cup	70 Gm.
Popcorn, unbuttered and popped	1½ cup	20 Gm.

LIST V - MEAT EXCHANGES

Protein 7 Gm., Fat 5 Gm., Calories 73. (30 Gm. equals 1 oz.)

Meat and Poultry (Beef, pork, liver, chicken, etc., (medium fat))	1 slice (3" x 2" x 1/8") or 1 oz. meat, cooked weight.	30 Gm.
Cold cuts	1 slice (4½" square, 1/8" thick)	45 Gm.
Frankfurter	1 (8-9 per pound)	50 Gm.
Codfish, mackerel, etc.	1 slice (2" x 2" x 1")	30 Gm.
Salmon, tuna, crab	½ cup	30 Gm.
Oysters, shrimp, clams	5 small	45 Gm.
Sardines	3 medium	30 Gm.
Cheese, cheddar, American	1 slice (3½" x 1½" x ¼") (1 oz.)	30 Gm.

LIST V - MEAT EXCHANGES (Continued)

Cheese, cottage	$\frac{1}{2}$ cup	45 Gm.
Egg	1	50 Gm.
Peanut butter	2 tablespoons	30 Gm.

LIST VI - FAT EXCHANGES

Fat 5 Gm., Calories 45

Butter or margarine	1 teaspoon	5 Gm.
Bacon, crisp	1 slice	10 Gm.
Cream, light	2 tablespoons	30 Gm.
Cream, heavy	1 tablespoon	15 Gm.
Cream cheese	1 tablespoon	15 Gm.
French dressing	1 tablespoon	15 Gm.
Mayonnaise	1 teaspoon	5 Gm.
Oil or cooking fat	1 teaspoon	5 Gm.
Nuts	6 small	10 Gm.
Olives	5 small	50 Gm.
Avocado	1/8 (4" diameter)	25 Gm.

The following 4-meal plans are included as a guide for diabetic diets of various caloric levels. It should be emphasized that they are only suggested plans and that each diabetic diet should be designed to meet the needs of the individual patient with regard to his food and living habits.

### ADA MEAL PLAN NO. 1

Calories - 1200

Carbohydrate 125 Gm., Protein 60 Gm., Fat 50 Gm.

#### Food For The Day

<u>Amount</u>	<u>Kind of Food</u>	<u>Choose from</u>
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchanges B	List 2B
3	Fruit Exchanges	List 3
4	Bread Exchanges	List 4
5	Meat Exchanges	List 5
1	Fat Exchanges	List 6

#### Meal Plan

##### Breakfast

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 1 Bread Exchange from List 4
- Coffee or tea (any amount)
- 1 cup milk from List 1

##### Lunch or Supper

- 1 Meat Exchange from List 5
- 1½ Bread Exchange from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 1 cup milk from List 1
- Coffee or tea (any amount)

##### Dinner

- 3 Meat Exchanges from List 5
- 1½ Bread Exchange from List 4
- Vegetable from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 1 Fat Exchange from List 6
- 1 Fruit Exchange from List 3
- Coffee or tea (any amount)

## ADA MEAL PLAN NO. 1 (Continued)

Liquid diets which may be used to replace any one of the meals.

### Full Liquid

#### Eggnog of

Milk..... $\frac{1}{2}$  cup.....120 Gm.  
Egg.....1  
Orange juice....1 cup.....240 Gm.  
Milk..... $\frac{3}{4}$  cup....150 Gm.

### Clear Liquid

Clear bouillon....1 cup  
Orange juice.....1 cup....240 Gm.  
Grapefruit juice.. $\frac{1}{2}$  cup....120 Gm.  
Gelatin dessert... $\frac{1}{2}$  cup....100 Gm.

### Bedtime Feeding (only when directed by physician)

$\frac{1}{2}$  milk exchange ( $\frac{1}{2}$  cup milk)

and

$\frac{1}{2}$  bread exchange (2 crackers) -----Will add approximately 120 calories to above diet.

## ADA MEAL PLAN NO. 2

Calories 1500

Carbohydrate 150 Gm., Protein 70 Gm., Fat 70 Gm.

### Food For The Day

Amount	Kind of Food	Choose from
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetables Exchanges B	List 2B
3	Fruit Exchanges	List 3
6	Bread Exchanges	List 4
6	Meat Exchanges	List 5
4	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 2 Bread Exchanges from List 4
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)
- $\frac{1}{2}$  cup milk from List 1

## ADA MEAL PLAN NO. 2 (Continued)

### Lunch

2 Meat Exchanges from List 5  
2 Bread Exchanges from List 4  
Vegetable from List 2A (any amount)  
1 Fruit Exchange from List 3  
1 cup milk from List 1  
1 Fat Exchange from List 6  
Coffee or tea (any amount)

### Dinner

3 Meat Exchanges from List 5  
2 Bread Exchanges from List 4  
Vegetable from List 2A (any amount)  
1 Vegetable Exchange from List 2B  
1 Fruit Exchange from List 3  
2 Fat Exchanges from List 6  
Coffee or tea (any amount)  
 $\frac{1}{2}$  cup milk from List 1

Liquid diets which may be used to replace any one of the meals.

### Full Liquid

Eggnog of

Milk..... $\frac{1}{2}$  cup.....120 Gm.  
Egg.....1  
Orange juice.....1 cup.....240 Gm.  
Gelatin dessert.. $\frac{1}{2}$  cup.....100 Gm.  
Milk..... $\frac{1}{2}$  cup.....120 Gm.

### Clear Liquid

Bouillon (if desired)....1 cup  
Orange juice.....1 cup.....240 Gm.  
Grapefruit juice.. $\frac{1}{2}$  cup....120 Gm.  
with sugar.....2 tsp.....10 Gm.  
Gelatin dessert... $\frac{1}{2}$  cup....100 Gm.

### Bedtime Feeding (only when directed by physician)

$\frac{1}{2}$  milk exchange ( $\frac{1}{2}$  cup milk)

and

$\frac{1}{2}$  bread exchange (2 crackers)

-----Will add approximately 120 calories to above diet.

## ADA MEAL PLAN NO. 3

Calories 1800  
Carbohydrate 180 Gm., Protein 80 Gm., Fat 80 Gm.

### Food For The Day

<u>Amount</u>	<u>Kind of Food</u>	<u>Choose from</u>
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchanges B	List 2B
3	Fruit Exchanges	List 3
8	Bread Exchanges	List 4
7	Meat Exchanges	List 5
5	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 2 Meat Exchanges from List 5
- 2 Bread Exchanges from List 4
- 2 Fat Exchanges from List 6
- Coffee or tea (any amount)
- $\frac{1}{2}$  cup milk from List 1

#### Lunch

- 2 Meat Exchanges from List 5
- 3 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 1 cup milk from List 1
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)

#### Dinner

- 3 Meat Exchanges from List 5
- 3 Bread Exchanges from List 4
- Vegetables from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 1 Fruit Exchange from List 3
- 2 Fat Exchanges from List 6
- Coffee or tea (any amount)
- $\frac{1}{2}$  cup milk from List 1

## ADA MEAL PLAN NO. 3 (Continued)

Liquid diets which may be used to replace any one of the meals.

### Full Liquid

#### Eggnog of

Egg.....1

Milk.....2/3 cup....140 Gm.

Orange juice.....1 cup.....240 Gm.

#### Custard of

Milk.....1/3 cup....100 Gm.

Egg.....1

Grape juice.....3/4 cup....150 Gm.

### Clear Liquid

Orange juice.....1 cup.....240 Gm.

    with sugar.....2 tsp.....10 Gm.

Grapefruit juice...½ cup.....120 Gm.

    with sugar.....2 tsp.....10 Gm.

Gelatin dessert....½ cup.....100 Gm.

### Bedtime Feeding (only when directed by physician)

$\frac{1}{2}$  milk exchange ( $\frac{1}{2}$  cup milk)

and

-----Will add approxi-

$\frac{1}{2}$  bread exchange (2 crackers)

mately 120 calories  
to above diet.

## ADA MEAL PLAN NO. 4

Calories 2200

Carbohydrate 220 Gm., Protein 90 Gm., Fat 100 Gm.

### Food For The Day

Amount	Kind of Food	Choose from
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchanges B	List 2B
4	Fruit Exchanges	List 3
10	Bread Exchanges	List 4
8	Meat Exchanges	List 5
8	Fat Exchanges	List 6

# ADA MEAL PLAN NO. 4 (Continued)

## Meal Plan

### Breakfast

- 1 Fruit Exchange from List 3
- 2 Meat Exchanges from List 5
- 3½ Bread Exchanges from List 4
- 3 Fat Exchanges from List 6
- Coffee or tea (any amount)
- 1 cup milk from List 1

### Lunch

- 3 Meat Exchanges from List 5
- 3½ Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 2 Fat Exchanges from List 6
- 1 cup milk from List 1
- Coffee or tea (any amount)

### Dinner

- 3 Meat Exchanges from List 5
- 3 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 2 Fruit Exchanges from List 3
- 3 Fat Exchanges from List 6
- Coffee or tea (any amount)

Liquid diets which may be used to replace any one of the meals.

### Full Liquid

Milk toast:	Milk.....	½ cup.....	120 Gm.
	Bread.....	1 slice.....	30 Gm.
Eggnog or custard:	Milk...½ cup.....	120 Gm.	
	Egg....1		
Milk.....	1 cup.....	240 Gm.	
Orange juice.....	1 cup.....	240 Gm.	
with sugar.....	2 tsp.....	10 Gm.	

### Clear Liquid

Gelatin dessert.....	½ cup.....	100 Gm.
Orange juice.....	1 cup.....	240 Gm.
with sugar.....	2 tsp.....	10 Gm.
Grapefruit juice.....	1 cup.....	240 Gm.
with sugar.....	2 tsp.....	10 Gm.

### Bedtime Feeding (only when directed by physician)

½ milk exchange (½ cup milk)

and

½ bread exchange (2 crackers)

-----Will add approxi-

mately 120 calories  
to above diet.

## ADA SODIUM RESTRICTED DIABETIC DIET

This diet, like other diabetic diets in this manual, is prepared from the Exchange Lists as approved by the American Diabetes Association. It will be further restricted, however, in that the total sodium intake will be limited. In preparing such a diet, the first step is to select the total calories and to decide upon the desired proportions of carbohydrate, protein and fat. The next step will be to furnish the Modified Exchange Lists which bring about this desired reduction in sodium. No salt is to be used in cooking or served at the table.

### Suggested Uses

This diet is used for the diabetic patient in whom it is necessary to restrict his sodium intake.

### Approximate Sodium Content of Sample Meal Plans 1 Through 4

Meal Plan	Calories	Sodium Content mg.	Sodium Chloride Content gm.
1	1200	400-500	1
2	1500	400-500	1
3	1800	400-500	1
4	2200	400-500	1

## MODIFIED DIABETIC EXCHANGE LISTS FOR LOW SODIUM DIETS

Use the Diabetic Meal Plan ordered, with the following important changes:

Add No Salt In Cooking Or At The Table.

### LIST 1 -- Milk Exchanges

Average sodium: 120 mg. per Exchange ( $\frac{1}{2}$  pint)

Up to 1 pint milk is allowed. If the diet calls for more than 1 pint milk, use low-sodium milk (a special commercial product). Avoid any foods prepared with milk unless taken from the amount of the day.

## ADA SODIUM RESTRICTED DIABETIC DIET (Continued)

### LIST 2 -- Vegetable Exchanges

Average sodium: 9 mg. Exchange ( $\frac{1}{2}$  cup)

Use only fresh vegetables unless no sodium has been added to the canned or frozen ones.

Vegetable Exchanges A: Select only from the vegetables listed below:

Asparagus	Escarole	Mushrooms
Broccoli	Eggplant	Okra
Brussels sprouts	Endive	Radishes
Cabbage	Green beans	Summer squash
Cauliflower	Green peppers	Tomatoes
Chicory	Lettuce	Turnip greens
	Cucumbers	

Vegetable Exchanges B: All vegetables on this list are allowed except: Beets, carrots and turnips.

### LIST 3 -- Fruit Exchanges

Average sodium: 2 mg. per Exchange

All fruits are allowed.

Raisins and dried figs have a higher sodium content than other fruits. Since the serving allowed is small, it may be used.

### LIST 4 -- Bread Exchanges

Average sodium: 5 mg. per Exchange

Use only home-made or bakery-made yeast breads or rolls prepared without salt, milk, or salted fat.

The following "quick breads" are permitted, provided they are made with low-sodium baking powder: Corn-bread, rolls, muffins and biscuits.

Select only from the foods listed below:

Beans, or peas, dried -  $\frac{1}{2}$  cup cooked.

Corn, fresh or frozen, unsalted -  $\frac{1}{3}$  cup.

## ADA SODIUM RESTRICTED DIABETIC DIET (Continued)

### LIST 4 -- Bread Exchanges (Con't)

Cream of wheat, regular -  $\frac{1}{2}$  cup cooked  
Farina -  $\frac{1}{2}$  cup cooked  
Grits -  $\frac{1}{2}$  cup cooked  
Lima beans, fresh -  $\frac{1}{3}$  cup  
Macaroni -  $\frac{1}{2}$  cup cooked  
Matzoth, unsalted - 1 (6 in. diameter)  
Muffets - 1 biscuit  
Noodles -  $\frac{1}{2}$  cup cooked  
Oatmeal -  $\frac{1}{2}$  cup cooked  
Parsnips -  $\frac{2}{3}$  cup  
Popcorn, unsalted - 1 cup popped  
Potato - 1 (2 in. diameter)  
Puffed rice -  $\frac{3}{4}$  cup  
Puffed wheat -  $\frac{3}{4}$  cup  
Ralston -  $\frac{1}{2}$  cup cooked  
Rice -  $\frac{1}{2}$  cup cooked  
Shredded wheat -  $\frac{2}{3}$  biscuit  
Spaghetti -  $\frac{1}{2}$  cup cooked  
Sweet potato -  $\frac{1}{2}$  cup  
Wheatena, regular -  $\frac{1}{2}$  cup cooked

### LIST 5 -- Meat Exchanges

Average sodium: 25 mg. per Exchange

All varieties of meat, fish, or poultry are allowed except: Shellfish (clam, oysters, shrimp, lobster), brains and kidney.

One egg a day is allowed.

Omit all smoked, salt-cured, dried, canned and Kosher cured meats or fish, including cold cuts, frankfurters, sausage, ham, corned beef, or the like.

Omit all types of cheese except cottage and salt-free cheddar cheese.

Omit peanut butter, unless it is a special, low-sodium variety.

Low-sodium tuna fish and salmon are available in some stores.

## ADA SODIUM RESTRICTED DIABETIC DIET (Continued)

### LIST 6 -- Fat Exchanges

Average sodium: Negligible

All fats must be "salt-free". Unsalted butter, margarine, fats and oils are allowed.

Omit: Bacon, salt pork, mayonnaise or salad dressings with added salt, salted nuts, and olives.

### ADA BLAND LOW-FIBER DIABETIC DIET

This diet is for the diabetic patient whom the physician desires to have on a bland low-fiber diabetic diet. Except for the close regulations of the carbohydrate, protein and fat, it differs little either in makeup or in indications from that prescribed for a non-diabetic patient. The first step in preparation of such a diet is to select from the exchange list the desired diet relative to total calories and proportions of carbohydrate, protein and fat. The next step is to select from the exchange list those foods which will allow the maintenance of this previously selected C, P and F, but will be bland and of low-fiber content.

### Suggested Uses

Except for the fact that the patient is a diabetic, the suggested uses for this bland low-fiber diabetic diet are the same as those for a non-diabetic patient.

### MODIFIED EXCHANGE LIST FOR ADA BLAND LOW-FIBER DIABETIC DIET

Use the "MEAL PLANNING WITH EXCHANGE LISTS" ordered with the following important changes:

### LIST 1 -- Milk Exchanges

Allowed in amounts prescribed in diet. Any form of milk is permissible. (1 oz. cheddar cheese and 2 soda crackers may be used for 1 cup (8 ounces) milk.)

## ADA BLAND LOW-FIBER DIABETIC DIET (Continued)

### LIST 2 -- Vegetable Exchanges

Omit raw vegetables. Use only vegetables in the following list:

#### Vegetable Exchanges A

Asparagus tips	Squash, summer (without seeds)
Chard	
Green beans, young	Tomato juice
Spinach	Tomato puree, unseasoned

#### Vegetable Exchanges B

Beets	Pumpkin
Carrots	Squash, winter
Peas	

In special cases, the physician may recommend strained or pureed vegetables.

### LIST 3 -- Fruit Exchanges

Fruits should be cooked or canned unsweetened. The only fresh fruits allowed are marked with an asterisk(\*). Avoid all skins or seeds.

Use only the fruits listed below in amounts given in List 3 Fruit Exchanges.

Apple sauce or baked apple	*Orange juice
Apricots	Peach
Apricots, dried, pureed	Pear
*Banana	Pineapple juice
Cherries, canned	Plums pureed
Grapefruit juice	Prunes pureed

### LIST 4 -- Bread Exchanges

Only white, enriched breads, refined cereals, or crackers are allowed.

Potatoes, sponge cake, and ice cream, in measured amounts are also allowed.

Omit corn, parsnips, dried beans and dried peas.

## ADA BLAND LOW-FIBER DIABETIC DIET (Continued)

### LIST 5 -- Meat Exchanges

Use only tender cuts (whole, ground, or chopped) of beef, veal, lamb, pork, chicken or liver.

The following fish are allowed: Cod, haddock, halibut and similar white fish, salmon, tuna, and shellfish.

Eggs, cheddar and cottage cheese, and creamy peanut butter are allowed.

Omit cold cuts, frankfurters, and sausages.

### LIST 6 -- Fat Exchanges

Butter, margarine, cream, cream cheese and bacon are the only foods allowed on this list.

Note: Avoid the use of fried foods, meat broths and highly seasoned foods. Only 1 cup of coffee or tea a day is permitted. Coffee substitutes such as Sanka and Postum may be used.

## LOW CALORIE DIETS

The following diets are aimed at providing a balanced combination of protein, carbohydrate and fat, in amounts restricting the daily caloric intake. The total number of calories taken per day will vary as to the patient's emotional and physical needs. Diets containing less than 1000 calories per day should be supplemented with all of the essential vitamins.

It should be noted that these diets are only suggested meal plans for 800, 1000, 1200 and 1500 calories. (THE EX-CHANGE LISTS ON PAGES 40, 41, 42 and 43 MUST BE USED WITH THESE DIETS TO MAKE THEM COMPLETE.)

### Suggested Uses

These diets may be used for weight reduction.

## LOW CALORIE DIET

CALORIES 800

Carbohydrate 72 grams, Protein 54 grams, Fat 35 grams.

### Food For The Day

Amount	Kind of Food	Choose from
1 pint	Skim milk	List 1
4	Vegetable Exchange A	List 2A
3	Fruit Exchanges	List 3
1	Bread Exchanges	List 4
6	Meat Exchanges	List 5
1	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 1 Bread Exchange from List 4
- 1 Fat Exchange from List 6
- Coffee, tea, Sanka (any amount)

#### Lunch

- 2½ Meat Exchanges (lean) from List 5
- 2 Vegetable Exchanges from List 2A
- 1 Fruit Exchange from List 3
- 1 Milk Exchange (skim) from List 1
- Coffee, tea, Sanka (any amount)

#### Dinner

- 2½ Meat Exchanges from List 5 (lean)
- 2 Vegetable Exchanges from List 2A
- 1 Fruit Exchange from List 3
- 1 Milk Exchange (skim) from List 1
- Coffee, tea, Sanka (any amount)

Note: Prepare all vegetables without added fat of any kind.  
All fruits must be fresh or canned without sugar.

## LOW CALORIE DIET

CALORIES 1000

Carbohydrate 90 grams, Protein 60 grams, Fat 45 grams.

### Food For The Day

<u>Amount</u>	<u>Kind of Food</u>	<u>Choose from</u>
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchange B	List 2B
3	Fruit Exchanges	List 3
3	Bread Exchanges	List 4
6	Meat Exchanges	List 5
2	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 1 Bread Exchange from List 4
- 1 Meat Exchange from List 5
- $\frac{1}{2}$  Milk Exchange from List 1
- Coffee or tea (any amount)

#### Lunch

- 2 Meat Exchanges from List 5
- 1 Bread Exchange from List 4
- Vegetables as desired from List 2A
- 1 Fruit Exchange from List 3
- $\frac{1}{2}$  Milk Exchange (skim) from List 1
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)

#### Dinner

- 3 Meat Exchanges from List 5
- 1 Bread Exchange from List 4
- Vegetables as desired from List 2A
- 1 Vegetable Exchange from List 2B
- 1 Fruit Exchange from List 3
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)

## LOW CALORIE DIET

CALORIES 1200

Carbohydrate 125 grams, Protein 60 grams, Fat 50 grams.

### Food For The Day

<u>Amount</u>	<u>Kind of Food</u>	<u>Choose from</u>
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchanges B	List 2B
3	Fruit Exchanges	List 3
4	Bread Exchanges	List 4
5	Meat Exchanges	List 5
1	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 1 Bread Exchange from List 4
- Coffee or tea (any amount)
- 1/3 cup Milk from List 1

#### Lunch

- 1 Meat Exchange from List 5
- 1 Bread Exchange from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit exchange from List 3
- 1 cup Milk from List 1
- Coffee or tea (any amount)

#### Dinner

- 3 Meat Exchanges from List 5
- 2 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 1 Fat Exchange from List 6
- 1 Fruit Exchange from List 3
- Coffee or tea (any amount)
- 1/3 cup Milk from List 1

## LOW CALORIE DIET

CALORIES 1500

Carbohydrate 150 grams, Protein 70 grams, Fat 70 grams.

### Food For The Day

<u>Amount</u>	<u>Kind of Food</u>	<u>Choose from</u>
1 pint	Milk	List 1
Any amount	Vegetable Exchanges A	List 2A
1	Vegetable Exchanges B	List 2B
3	Fruit Exchanges	List 3
6	Bread Exchanges	List 4
6	Meat Exchanges	List 5
4	Fat Exchanges	List 6

### Meal Plan

#### Breakfast

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 2 Bread Exchanges from List 4
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)
- 1/2 cup Milk from List 1

#### Lunch

- 2 Meat Exchanges from List 5
- 2 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 1 cup Milk from List 1
- 1 Fat Exchange from List 6
- Coffee or tea (any amount)

#### Dinner

- 3 Meat Exchanges from List 5
- 2 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 1 Fruit Exchange from List 3
- 2 Fat Exchanges from List 6
- Coffee or tea (any amount)
- 1/2 cup Milk from List 1

## LOW FAT DIET

This diet is reduced in fats and increased in carbohydrates to provide adequate calories. It provides 35 grams of fat per day.

### Suggested Uses

This diet may be used for any individual who cannot tolerate fats in whom the more strict limitations of the gallbladder diet are not necessary.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Skim milk, plain butter-milk.	Whole milk
SOUP	Soup made with skim milk, fat-free broth.	Any soup containing whole milk, cream or fat.
MEAT, POULTRY, FISH OR CHEESE	Lean beef, chicken, glandular meats, lamb, turkey, veal, fish, shellfish, cottage cheese, egg, 4 ounces per day.	Fat or fried meat, fish or poultry, fish canned in oil, other cheese.
POTATO OR ALTERNATE	Any except listed under "Foods Omitted".	Potato chips, fried potatoes, or potatoes prepared with milk or butter, other than that amount which is included in the diet.
VEGETABLES	Any prepared without added fats, milk or cream.	None
FRUIT	Any except avocado.	Avocado
BREAD AND CEREALS	Any except as listed under "Foods Omitted".	Rich breads made with egg and a large amount of fat.
DESSERTS	Angel food cake, gelatin desserts, ices, sherbets made with skim milk.	Desserts made with fats, chocolate, cream, egg yolks, whole milk.

## LOW FAT DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
FATS	Butter or enriched margarine, 1 teaspoon per meal. (One teaspoon of salad oil, or mayonnaise may be used for 1 teaspoon of butter.)	All other
ACCESSORIES	Catsup, pickles, salt, spices, vinegar, jelly, sugar.	Gravy, nuts, olives, peanut butter, cream sauce, chocolate.
BEVERAGES	Coffee, tea, or cereal beverages. Carbonated beverages.	All other

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Grapefruit	Lean roast beef	Cottage cheese and
Oatmeal	Boiled potato	peach salad on
Whole wheat toast	String beans	lettuce
Jelly	Sliced tomatoes	Peas
Butter, 1 tsp.	Bread	Carrot sticks
Skim milk	Butter, 1 tsp.	Whole wheat bread
Sugar	Jelly	Butter, 1 tsp.
Black coffee	Fruit gelatin	Jelly
	Skim milk	Prune whip
		Tea with lemon

## GALLBLADDER DIET

Use low fat diet and omit dried beans, dried peas, broccoli, brussels sprouts, cabbage, cauliflower, cucumbers, onions, green pepper, radishes, rutabagas, sauerkraut, turnips, pickles. Use spices in moderation.

## HIGH POLYUNSATURATED FAT DIET TO LOWER SERUM CHOLESTEROL

This diet is designed to lower serum cholesterol levels in certain conditions such as familial hypercholesterolemia and xanthomatosis of tendons or skin in which an elevated serum cholesterol may be unfavorably significant. Also, although the problem is still unsettled at time of this writing, this diet may be beneficial and is probably harmless in the prevention and treatment of atherosclerosis, particularly where there is a concomitant elevation of serum cholesterol. This diet is not to be confused with a low cholesterol diet which is no longer regarded as the most effective dietary method of lowering serum cholesterol.

For the purpose of lowering serum cholesterol this diet emphasizes fats and oils rich in polyunsaturated fatty acids and eliminates or considerably restricts fats with high content of saturated fatty acids. For optimal effect at least 40% or more of total dietary calories should be derived from fat and 75% of fat calories should be derived from high content polyunsaturated fats. Weight control can be achieved by regulation of carbohydrate intake.

This diet is not the therapy of choice in the correction of hypercholesterolemia associated with hypothyroidism, diabetes mellitus, obstructive jaundice and certain renal disease in which adequate control or correction (where possible) of the basic cause or disease is the most effective therapy. Careful professional dietetic instruction is usually necessary for adequate patient understanding of this diet.

The diet which follows is an example of a 1500 calorie diet in which 40% of the total calories are fat calories, 66 grams. Of these 66 grams 25% are saturated fats and the remainder are monosaturated and polyunsaturated fats. Note should be made that in the list of total daily foods average figures for only the polyunsaturated fatty acids are given so that the 13 grams of saturated fatty acids and 31 grams of polyunsaturated do not total 66 grams. However, an attempt has been made to designate those foods highest in polyunsaturated fatty acids and those highest in monosaturated fatty acids by the inclusion of the table following the sample menu.

**TOTAL DAILY FOOD FOR  
1500 CALORIE DIET**

GROUP		CARBO-HYDRATE	PROTEIN	FAT	FATTY ACIDS	
					Satu-	Poly-
		gm.	gm.	gm.	gm.	unsatu-
Skim milk	2 cups	24	17	0.5	0.22	0.08
Egg	One	--	6	5.5	1.64	3.58
Lean meat, Fish, Poul- try *	5 oz. (150 gm.)	--	30	15.0	6.10	1.80
Fruit and Vegetables	6 servings	45	4	1	.12	0.72
Bread and/or Cereal	3 servings	45	6.5	1.5	0.34	0.75
Potato and/or Substitute	2 servings	40 149	7.0 69.5	1.0 24.5	0.10 8.50	0.60 7.41
Corn oil	3 table- spoons (42 gm.)	-- 154	--- 70.5	42.0 66.5	4.50 13.02	23.64 31.17
TOTAL DAILY CALORIES 1496						

\* Daily averages based on use of 5 oz. of lean beef, veal and lamb three times a week, poultry two times a week, low-fat fish between one and two times a week and liver once in two weeks. If at all practical the use of low fat fish in place of beef, veal and lamb will increase the polyunsaturated fats in the diet.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	2 cups skim milk, buttermilk made from skim milk, non-fat milk	Whole milk, cream, chocolate drink
Soup	Broth soups made with fat free broth, creamed soups made with skim milk allowance	Canned or commerical- ly prepared soups

**TOTAL DAILY FOOD FOR  
1500 CALORIE DIET (Continued)**

<u>Foods Included</u>	<u>Foods Omitted</u>	
MEAT, POULTRY, FISH OR CHEESE	5 oz. of lean meat, fish or poultry a day. Cooking must be limited to boiling or simmering and broiling or roasting without added fat unless some of the oil allowance is used. Fish, chicken and pork would be pre- ferable to beef, veal or lamb. Cottage cheese made with skim milk may be used.	Fat meat, poultry or fish. Fried meats and regular cheese. Luncheon meats and casserole dishes of unknown quantities.
EGGS	1 egg daily	
POTATO OR ALTERNATE	White potato, sweet potato, rice, noodles, macaroni, spaghetti, dried beans, 2 servings of $\frac{1}{2}$ cup each daily.	Fried foods from this group unless oil allowance is used. Creamed or escalloped foods should not be used.
VEGETABLES	At least 3 servings of vegetables daily, raw or cooked.	None unless cooked with fat not allowed in diet.
FRUITS	3 servings daily of raw fruits or those canned without added sugar. At least one serving of fruit should be citrus.	Fruits with added sugar.
BREADS AND CEREAL	3 slices of enriched or whole bran bread. $\frac{1}{2}$ cup cooked cereal may be used instead of 1 slice bread. Four saltines may be used for 1 slice bread.	Breads made with extra milk, egg or butter.

**TOTAL DAILY FOOD FOR  
1500 CALORIE DIET (Continued)**

	<u>Foods Included</u>	<u>Foods Omitted</u>
DESSERTS	Fruits from above list. Desserts made with unsweetened gelatin, fruit, fruit whips made from egg white or gelatin; ices and puddings made with skim milk. Angel food cake may occasionally be substituted for bread. Four Arrowroot cookies or two squares of Graham crackers, = 1 slice bread.	Any other
FATS	3 tablespoons of oil should be used daily. These may be used in cooking, as salad dressing, or incorporated into fruit desserts or drinks. Substitution for part of the oil may be made at the request of the physician keeping in mind that the oil is the best source of polyunsaturated fats.	All others. Note: Should substitutions be desired, it should be noted that the fats in the table with one * are primarily monosaturated (oleic), and those with two ** are polyunsaturated (linoleic). Margarine and hydrogenated shortening are mostly monosaturated. When chicken, fish and pork are used, more latitude in fats may be used.
ACCESSORIES	Salt, pepper, and spices or herbs	Any other
BEVERAGES	Coffee, tea, Sanka, Postum	Any other

Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
½ cup orange juice	Fat-free broth	Cream of pea soup
1 egg	3 oz. roast chicken	made with skim milk
1 slice toast	½ cup mashed	2 oz. baked salmon
1 cup skim milk	potatoes	1 small baked potato
Coffee	Sliced tomato salad	½ cup cooked green beans
1 tablespoon oil	1 slice bread	4 saltines
	2 med. peach halves	½ grapefruit
	1 cup skim milk	Tea with lemon
	1 tablespoon oil	1 tablespoon oil

TABLE OF FAT COMPOSITION

\* Mostly Monosaturated

\*\* Mostly Polyunsaturated

<u>Vegetable Oils</u>	AMOUNT	WEIGHT	FAT (gm)	FATTY ACIDS (Gm.)	
				Satu- rated	Unsatu- rated
Corn	1 Tbsp.	14	14	1.50	12.08 **
Cottonseed	1 Tbsp.	14	14	3.33	10.00 **
Olive	1 Tbsp.	14	14	1.60	11.70 *
Peanut	1 Tbsp.	14	14	2.66	10.64 *
Safflower	1 Tbsp.	14	14	0.93	12.37 **
Soybean	1 Tbsp.	14	14	1.73	11.57 **
Coconut	1 Tbsp.	14	14	12.24	1.10 *

Salad Dressings

French type made with					equal
corn oil	1 Tbsp.	15	5.4	0.62	4.15 sat.
cottonseed oil	1 Tbsp.	15	5.4	1.28	3.85 **
Mayonnaise made with					equal
corn oil	1 Tbsp.	13	10.0	1.14	8.36 sat.
cottonseed oil	1 Tbsp.	13	10.0	2.37	7.13 **

Fats

Butter	1 tsp.	5	4.1	2.36	1.54 *
Bacon	2 slices	16	9	2.93	5.43 *
Bacon fat	1 Tbsp.	14	14	4.67	8.63 *
Hydrogenated vegetable shortening	1 Tbsp.	12.5	12.5	2.40	9.48 *

## TABLE OF FAT COMPOSITION (Continued)

	AMOUNT	WEIGHT	FAT (gm)	Satu- rated	Unsatu- rated	FATTY ACIDS (Gm.)
<u>Fats (Con't)</u>						
Margarine	1 tsp.	5	4.1	0.74	3.15	*
Lard	1 Tbsp.	13	13	5.65	7.35	*
Chicken fat	1 Tbsp.	13	13	4.26	8.72	**
<u>Fish</u>						
Cod	4 oz.	120 gm	0.5	0.14	0.34	**
Halibut	4 oz.	120 gm	6.2	1.15	4.74	**
Mackerel	4 oz.	120 gm	14.4	3.60	10.08	**
Salmon	4 oz.	120 gm	19.8	5.96	12.85	**
Sardines (drained solids)	2 oz.	50 gm	5.5	1.78	3.45	**
<u>Beef</u>						
Chuck	3½ oz.	100 gm	16	6.84	8.36	*
Roast	3½ oz.	100 gm	23	9.18	12.67	*
Round	3½ oz.	100 gm	11	4.70	5.75	*
<u>Chicken</u>						
Breast	4 oz.	120 gm	0.6	0.18	0.39	equal
Leg	4 oz.	120 gm	3.2	0.98	2.06	equal
<u>Ham</u>						
	4 oz.	120 gm	37.2	11.94	23.40	*
<u>Pork Loin</u>						
<u>or Chop - No bone</u>	4 oz.	120 gm	30.0	11.00	17.50	*
<u>Lamb</u>						
Chop	4 oz.	120 gm	38.9	19.55	17.41	*
Leg	4 oz.	120 gm	21	10.55	9.40	*
<u>Egg</u>						
	1	54 gm	5.5	1.64	3.58	*

LOW ANIMAL FAT DIET  
FOR USE IN THE TREATMENT OF MULTIPLE SCLEROSIS

In this diet all butterfat is eliminated. Animal fat is limited to 15 grams a day. Fifteen grams vegetable oil (corn oil, cottonseed oil, olive oil, soya bean oil, and safflower oil) and 5 grams of cod liver oil are given daily. The protein intake is maintained at 50 - 60 grams or more daily and the balance of the caloric need is obtained from carbohydrates. One multiple vitamin capsule containing vitamins A, B complex, D, and ascorbic acid is given daily. Whole wheat bread is recommended. At least three glasses of skim or buttermilk are used as a source of protein and at least one egg daily is given.

Suggested Uses

This particular diet is being used by Dr. Swank of the University of Oregon Medical School in connection with the treatment of multiple sclerosis.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Skim milk or buttermilk (at least 3 glasses a day)	Whole milk, milk drinks, chocolate milk, cream.
SOUP	Cream soup made with skim milk, all clear soups such as consomme and fat-free broths.	All canned and home-made soups except those listed under "Foods Included".
MEAT, POULTRY, FISH OR CHEESE	Boiled codfish, halibut or haddock, scallops, lobster, crab, shrimp, clams and oysters and cottage cheese may be used in any quantity.	Beef, lamb, veal, pork, poultry and luncheon meats unless used as substitutions for animal fats. (See fats) Other fish may be used as substitutions for vegetable oil. Cheeses other than cottage.

## LOW ANIMAL FAT DIET

## FOR USE IN THE TREATMENT OF MULTIPLE SCLEROSIS (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
EGG	Not more than one a day and this must be counted as 1 teaspoon of animal fat. Egg white and desserts made with egg white may be used as desired.	Egg yolk, foods such as desserts and pastries made with whole egg or egg yolk. Fried eggs.
POTATO OR ALTERNATE	White potato, rice, macaroni, spaghetti.	Fried potatoes, creamed or scalloped potatoes, egg noodles and potato chips.
VEGETABLES	All vegetables and vegetable juice.	None unless fried or prepared with cream sauces or cheese.
BREADS AND CEREAL	All cereal products, white or brown, buns. Crackers in limited quantity, 4-5 servings per day such as soda crackers, graham wafers, Ritz biscuits, "Social teas", Arrowroot biscuits.	Rich hot breads or bread made with extra eggs, cheese or cream; cheese crackers.
DESSERTS	Desserts made from egg white, rice tapioca or cornstarch puddings made with skim milk and no egg. Angel food cake, jello.	Ice cream, pastries, pies, steamed puddings, cake puddings, cakes, cookies and doughnuts made with eggs, egg yolk, cream, whole milk, butter, shortening.
ACCESSORIES	Sugar, salt, spices, jam, jelly, molasses, marmalade, honey, maple syrup or corn syrup, hard candies and gum drops.	Chocolate, chocolate candies, candies with butter, cream, egg yolk or nuts.

LOW ANIMAL FAT DIET  
FOR USE IN THE TREATMENT OF MULTIPLE SCLEROSIS (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
BEVERAGES	Tea, coffee, Sanka, Postum, carbonated beverages.	Milk drinks and chocolate drinks.
FATS	Three teaspoons of animal fats plus 3 teaspoons of vegetable oil. One teaspoon of cod liver oil daily. See list for substitutions.	All butter and butterfat. Fats in any other form or amount such as cream, gravy, cream sauces, cheeses, meat sauces.

Substitutions for 1 Teaspoon of Animal Fat

- 2 ounces chicken, beef, roast leg of lamb, ham, veal, beef sausage, liver and turkey.
- 1 only egg.
- 3 slices bacon, fried crisp and drained well.
- 1 slice of bologna, salami or liverwurst (1 oz.)
- 1 only frankfurter.
- 1 only pork sausage.
- 1 only slice of roast pork.
- 1 ounce of goose or duck.
- 1 teaspoonful of margarine, shortening or lard.
- $\frac{1}{2}$  lamb chop (1 oz.)
- $\frac{1}{2}$  pork chop (1 oz.)

Substitutions for 1 Teaspoon Vegetable Oil

- 1 teaspoonful of olive oil, corn oil, cotton-seed oil, wheat germ oil, mazola oil, cod liver oil, soya bean oil and safflower oil.
- 5 only olives.
- 2 teaspoonful salad dressing.
- 15 only peanuts.
- 2 teaspoonful pure peanut butter (not hydrogenated).
- 2 ounces salmon (fresh or canned).
- 2 ounces tuna fish or trout.
- 1 ounce mackerel.
- 1 ounce herring, kippers or sardines.
- 4 small anchovies.

LOW ANIMAL FAT DIET  
FOR USE IN THE TREATMENT OF MULTIPLE SCLEROSIS (Continued)

Sample Menu

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Juice or fruit	Clear soup or skim milk soup	2 oz. lean meat (1 animal fat)
Cereal		Vegetable
1 egg (1 animal fat)	2 oz. meat, lean (1 animal fat)	Potatoes
1 slice dry toast	Vegetable	Whole wheat bread with jelly
Jam or jelly	Salad	5 ripe olives (1 vegetable fat)
Skim milk	2 tsp. salad dressing (1 vegetable fat)	Fruit or dessert
Coffee	Whole wheat bread	Skim milk
1 tsp. corn oil (1 vegetable fat)	Jelly	Tea
	Skim milk	
	Tea	

## HIGH PROTEIN DIET

A diet which provides greater amounts of protein of high biological value and digestibility than the normally recommended allowances. This diet contains approximately 125 grams of protein. If higher protein than this is indicated, supplemental feedings such as "High Protein Oral Drink" may be ordered.

### Suggested Uses

This diet is used for conditions such as malnutrition, nutritional anemias, immediate convalescent periods following febrile or other wasting diseases, burns, and certain kidney and liver diseases.

To the General Diet (see page 4) add:

Three or more cups of milk or three ounces of American Cheese.

An extra egg.

Additional serving of meat, poultry, fish or cottage cheese.

Between-meal feedings may be given to incorporate extra foods.

(Note: The above foods may be added to certain or other therapeutic diets where added protein supplement is desirable.)

## DIET FOR FUNCTIONAL HYPOGLYCEMIA

Functional hypoglycemia, characterized by normal fasting and sometimes slightly low two to three hour blood sugar levels, is associated with symptoms out of proportion to the degree of hypoglycemia. Food gives immediate relief. Distress does not occur before breakfast, nor is it brought about by exercise.

Treatment consists of a special, and often individualized, diet and psychiatric support. In general, the diet includes a moderate elevation of protein, a mild reduction of carbohydrate, (thus less stimulation of insulin production), and a fat content to furnish desired calories. Garfield Duncan, in his book, "Diseases of Metabolism" - 4th Edition, suggests as an illustrative diet, one containing

## DIET FOR FUNCTIONAL HYPOGLYCEMIA (Continued)

protein, 120 gm.; carbohydrate, 150 gm.; and fat, 145 gm. (2400 calories). This may be given in three regular meals or so divided as to furnish between-meal snacks. Stimulants such as coffee and tobacco may need to be restricted.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	2 glasses a day	All except amount allowed.
SOUP	None	All
MEAT, POULTRY, FISH OR CHEESE	Any beef, pork, veal, lamb, chicken, turkey, fish or cheese. 11 oz. cooked weight a day.	None
EGGS	Two daily, prepared any way. If fried or scrambled, use fat allowance.	None
POTATO OR ALTERNATE	Potato, macaroni, noodles, rice, spaghetti. $\frac{1}{2}$ cup cooked is equal to 1 slice for bread.	All except in amounts allowed to substitute bread.
VEGETABLES	Any except those listed under "Foods Omitted". Not to exceed 3 - $\frac{1}{2}$ cup servings a day.	Dried beans, peas, corn, parsnips, sweet potatoes.
FRUIT	3 servings a day. Any fresh, canned or frozen, without added sugar.	Dried fruits or those canned or frozen with added sugar.
BREAD AND CEREALS	Whole grain or enriched. $\frac{1}{2}$ cup cooked cereal or 3/4 cup dry cereal may be substituted for one slice of bread.	All except in amounts allowed.
DESSERTS	None except fruits included or egg and milk allowance may be used to make simple pudding.	All cakes, pies, cookies, ice cream, fruits with added sugar.

## DIET FOR FUNCTIONAL HYPOGLYCEMIA (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
FATS	$\frac{1}{2}$ cup of 10% cream daily, plus 9 teaspoons of butter or their equivalent per day. 1 strip of crisp bacon = 1 tsp. of butter. 1 Tbsp. French Dressing = 1 pat of butter. 1 tsp. mayonnaise = 1 pat butter.	All except in amounts allowed.
ACCESSORIES	Salt and spices	Sugar, honey, jelly, syrup, candies.
BEVERAGES	Postum, Sanka, tea, coffee in limited amounts.	Milk other than amount allowed. Carbonated beverages; fruit juices unless substituted for fruits allowed.

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
$\frac{1}{2}$ grapefruit	Sandwich	$\frac{1}{2}$ lb. steak
2 eggs	3 slices meat	Baked potato with
$\frac{1}{2}$ cup cooked cereal	2 slices bread	2 pats butter
1 slice toast	3 pats butter	Tossed salad with
1 pat butter	Carrot and celery	2 tsp. French
1 strip bacon	stocks	Dressing
$\frac{1}{2}$ cup 10% cream	1 raw apple	Cooked green beans
Coffee	1 glass milk	1 slice bread
		with 1 pat butter
		2 medium peach halves, water-
		pack and Sucaryl sweetened.
		1 glass milk

**GLUTEN-FREE DIET**  
**(Gliadin Restriction)**

Various fractions of protein have long been of interest in connection with allergic manifestations. More recently the gliadin, or glutamine-bound fraction of protein in wheat, rye, oats, and barley, has become of particular interest in the treatment of certain malabsorption syndromes.

In this diet wheat, rye, oats, and barley are omitted; other grains and cereal products such as corn flour, corn-meal, potato flour, rice flour, and soybean flour may be used as alternates.

Suggested Uses

This diet may be used in the management of idiopathic sprue, coeliac disease, and certain other malabsorption syndromes.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Two glasses or more, flavored if desired, more for children.	None
SOUP	Clear broth, vegetable or creamed soups thick- ened with cream, corn- starch or potato starch.	All canned soups ex- cept clear broth.
MEAT, POULTRY, FISH OR CHEESE	Two medium servings daily. Any type may be used.	Meat patties or meat loaf made with bread or bread crumbs, cro- quettes, breaded meats, fish or chick- en, bread stuffing, chili con carne and other canned meats, cold cuts unless guaranteed pure meat.
EGGS	One or two a day.	
POTATO OR ALTERNATE	Potatoes or rice, any way but creamed.	Noodles, macaroni, spaghetti, verma- celli, dumplings.

**GLUTEN-FREE DIET (Continued)**  
**(Gliadin Restriction)**

	<u>Foods Included</u>	<u>Foods Omitted</u>
VEGETABLES	As desired	Any prepared with cream sauce or breaded.
FRUITS	As desired	
BREAD AND CEREALS	<p>Bread made from rice, corn, soybean and gluten-free wheat flour only.</p> <p>Popcorn, potato chips, "Fritos", "Cheetos".</p> <p>Cornflakes, cornmeal, hominy, rice, Rice Krispies, Puffed Rice, Sugar Corn Pops.</p>	<p>All bread, rolls, crackers, cake and cookies made from wheat or rye, rye crisp, muffins, biscuits, waffles, pancake flour and other prepared mixes, rusks, Zweiback, buckwheat.</p> <p>All wheat, rye, oat and barley cereals, wheat germ and buckwheat.</p>
DESSERTS	Jello, fruit Jello, ice or sherbet, homemade ice cream, custard, junket, rice pudding, cornstarch pudding.	Cakes, cookies, pastries, puddings, commercial ice cream and all puddings thickened with wheat flour.
FATS	Butter, margarine, true mayonnaise without wheat products, all oils except wheat germ oil.	Commercial salad dressings.
ACCESSORIES	Sugar, molasses, jellies, jams, honey, corn syrup, spices.	Commercial candies containing cereal products. All gravies and cream sauce thickened with wheat flour.
BEVERAGES	Milk, fruit juices, gingerale, cocoa, coffee, tea, carbonated beverages.	Postum, malted milk, Ovaltine, instant coffee, beer, ale.

GLUTEN-FREE DIET (Continued)  
(Gliadin Restriction)

Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange juice	Clear broth	Roast beef
Soft cooked egg	Cottage cheese	Baked potato
Cornflakes	Lettuce	Butter
Cream	Tomato	Baked squash
Rice muffin	French Dressing (homemade)	Buttered spinach
Butter	Rice bread	Rice bread
Coffee	Butter	Butter
Milk	Milk	Cornstarch pudding
Sugar	Custard	Coffee
		Milk and sugar

ALLERGY

Some people are sensitive to certain foods. This sensitivity depends on the individual, not the food. The food causing the reaction is called an allergen and the condition is known as allergy. Foods causing allergy are apt to be those commonly eaten as wheat, eggs, milk, fish, peas, nuts, citrus fruit, chocolate. These foods may be eliminated temporarily from the diet by the physician to note the response to characteristic symptoms as eczema, hives, sneezing, and "runny" nose.

WHEAT FREE DIET

Suggested Uses

When sensitivity to wheat exists or is suspected.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, milk drinks.	None
SOUP	All except under "Foods Omitted".	None with flour, spaghetti, macaroni.

## WHEAT FREE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
MEAT, POULTRY, FISH OR CHEESE	All except ready to eat cold meats. All cheese.	All breaded or floured meats or loaves with crumbs, wieners, bologna and the like.
EGGS	As desired	None
POTATO OR ALTERNATE	White or sweet; rice, potato flour.	Spaghetti, noodles, macaroni.
VEGETABLES	All	Any dishes made with wheat flour.
FRUIT	All	None
BREAD AND CEREALS	Cornbread, rye crisp, rice, rye, barley, hot breads all made without wheat flour.  Corn, rice, barley, hominy, rye, oatmeal.	Wheat bread, soda crackers, graham crackers, rye bread with wheat flour.  None with wheat or wheat malt.
DESSERTS	Custard, gelatin, tapioca, cornstarch and rice pudding, rennet desserts, fruit whips.	Pie, cakes, cookies, doughnuts, mixes made with flour. Bread puddings, commercial ice cream and puddings.
FATS	All except under "Foods Omitted".	Salad dressing, gravy with flour.
ACCESSORIES	Sugar, salt, spices, cornstarch.	None
BEVERAGES	Coffee, tea	Cereal beverages

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Grapefruit juice	Pure beef patty	Tuna wedge on lettuce/lemon
Oatmeal	Mashed potato	Celery sticks
Soft cooked egg	Buttered carrots	Fresh or baked apple
Rye crisp wafer	Shredded lettuce	Rye crisp wafer
Butter	Vinegar, oil	Butter
Coffee	Canned plums	Milk
	Rye crisp wafer	Tea or coffee
	Butter	
	Milk	
	Coffee or tea	

## EGG FREE DIET

Commercially prepared foods or mixes should not be used on an allergy diet because they may contain an unsuspected amount of the food to be eliminated. Read the label to learn the contents. Salad dressings and cake mixes may contain dried egg or egg powder. Breads and rolls may be glazed with egg white to give them a shine. Baking powder may contain egg white or albumin.

Meat, milk and cheese should be increased in the diet as substitutes for egg. The recipe file should contain recipes for making desserts and salad dressings without eggs.

### Suggested Uses

When sensitivity to egg exists or is suspected.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Milk, milk drinks	Eggnogs
SOUP	Creamed, meat or vegetable soups.	Made or cleared with egg.
MEAT, POULTRY, FISH OR CHEESE	Meat, fish, poultry, cheese.	None - May have to eliminate hen.
EGGS	None	All in cooking and baked products.
POTATO OR ALTERNATE	Potato, rice, macaroni, spaghetti.	Egg noodles.
VEGETABLES	All	None unless cooked with egg.
FRUIT	All	None
BREAD AND CEREALS	Hot breads made without eggs. Plain breads, crackers, rye crisp, Matzoth. All cereals.	Hot breads, bread and rolls made with egg; pancakes, waffles.

## EGG FREE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
DESSERTS	Gelatin, milk puddings without egg, rennet desserts, fruit pies.	Sherbet, ice creams, cake, cookies, candy, puddings and pies made or brushed with egg.
FATS	Butter, margarine, cream, cooking fats and oils.	Salad dressings made with egg as mayonnaise.
ACCESSORIES	Sugar, salt, jelly.	Baking powder made with egg.
BEVERAGES	Coffee, tea.	Coffee cleared with egg.

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Grapefruit	Pure beef patty	Beef broth
Oatmeal	Mashed potato	Tuna rice casserole (no egg)
Sugar	Buttered carrots	Celery sticks
Rye crisp wafer	Shredded lettuce	Fresh or baked apple
Butter	Vinegar and oil	Rye crisp wafer
Milk	Canned plums	Butter
Coffee	Rye crisp wafer	Milk
	Butter	Tea or coffee
	Milk	
	Tea or coffee	

## MILK FREE DIET

Elimination of milk must include all milk products as cream, butter, dry skim milk, buttermilk, cheese. Even a small amount of milk in a cooked food will ruin an otherwise successful attempt at elimination.

The milk free diet is low in calcium. If ordered for a child or for long time use, soybean milk or goat's milk should be substituted.

## MILK FREE DIET (Continued)

### Suggested Uses

When sensitivity to milk exists or is suspected.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	Soybean milk; goat's milk.	Cow's milk, milk drink, foods made with milk.
SOUP	Broth or meat soup, split pea, navy bean.	All cream soups.
MEAT, POULTRY, FISH OR CHEESE	All meat, fish, fowl, gjetost (goat's milk cheese).	All cheeses but goat's cheese.
EGG	As desired.	None prepared with butter or milk.
POTATO OR ALTERNATE	Potato, macaroni, rice, spaghetti.	None prepared with milk as mashed potatoes, noodles.
VEGETABLES	All	None creamed or buttered.
FRUIT	All	None
BREAD AND CEREALS	Breads made with water, rye crisp, Matzoth, crackers. Whole grain or enriched cereals.	All breads made with milk or butter. Any enriched cereal with milk powder.
DESSERTS	Angel food cake, sponge cake (made with water), fruit gelatin, frozen ices, tapioca or rice with fruit or fruit juices, fruit pie.	Ice cream, milk sherberts, custard, milk puddings or pie, cake, cookies.
FATS	Bacon fat. Vegetable or animal fats or oils not churned with milk.	Butter, margarine, whipped cream, cream.

## MILK FREE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
ACCESSORIES	Sugar, salt, jelly, jam, plain sugar candy, marshmallow sauce.	Milk gravy
BEVERAGES	Coffee, tea, cocoa made with water.	

### Sample Menu

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Grapefruit juice	Pure beef patty	Beef broth and crackers
Oatmeal (no milk or cream)	Baked potato	Tuna rice casser- ole (no milk)
Soft cooked egg	Diced carrots	Celery sticks
Soda crackers	Shredded lettuce	Fresh or baked apple
Jelly	Vinegar and oil	Jam
Black coffee	Rye crisp	Black coffee or tea
	Jelly	Sugar
	Black coffee or tea	
	Sugar	

### ELIMINATION DIETS (Rowe)

The rigidly restricted diets such as the Rowe elimination diets are only utilized when other more simple or direct measures have failed to reveal the cause of severe medical problems which are known or strongly suspected to be of allergic origin. These diets exclude the most frequent food causes of allergic disease. If the patient becomes symptom free after an interval on a restricted diet, individual foods may be gradually added excluding any which reproduce symptoms. Each food should be taken for three to five days before trying another, although sometimes longer intervals are required between additions. As cereal foods are common offenders, a trial of the cereal free diets is frequently utilized first. If these contain foods to which the patient is allergic, diet 4 with milk or milk substitute may be used or a minimal diet consisting of tapioca, lamb, white potato, carrots, pears, sugar and salt. Diet 1, 2, or 3 can also be utilized with exclusion of fruits, fruit flavors, lettuce or tomato where allergic manifestations therefrom are suspected.

## Diet 1

## Diet 2

## Diet 3

## Diet 4

Rice	Corn, rye	Tapioca	Milk
Rice biscuit	Cornpone	White potato	Tapioca
Rice bread	Corn, rye muffin	Breads made of any	Cane sugar
Tapioca	Rye bread, Ry-Krisp	combination of soy,	
Lettuce, chard	Beets, squash	lima, potato, starch	
Spinach, carrot	Asparagus, artichoke	and tapioca flours	
Sweet potato or yam	Chicken (no hens)		
Lamb	Bacon	Tomato	
Lemon, grapefruit	Pineapple	Carrot	
Pears	Peach, apricot	Lima beans	
Cane sugar	Prune	String beans	
Sesame oil, olive oil	Cane or beet sugar	Peas	
Salt	Mazola oil	Beef	
Gelatin, plain or flavored	Sesame oil	Bacon	
with lime or lemon	Salt	Lemon	
Maple syrup or syrup made	Gelatin, plain or flavored	Grapefruit	
with cane sugar	with pineapple	Peach	
flavored with maple	Karo corn syrup	Apricot	
Royal baking powder	White vinegar	Cane sugar	
Baking soda	Royal baking powder	Soy bean oil	
Cream of tartar	Baking soda	Gelatin, plain	
Vanilla extract	Cream of tartar	Salt	
Lemon extract	Vanilla extract	Syrup made with	
		cane sugar	
		Cream of tartar	
		Corn starch-free	
		baking powder	

Straight lines enclose foods in the cereal-free elimination diets.

Note: None of the above Rowe diets contain wheat or wheat products.

## LOW CALCIUM, LOW PHOSPHOROUS DIET

This diet meets recommended dietary allowances except for calcium and riboflavin. It contains about 354 mg. of calcium and 857 mg. of phosphorous.

### Suggested Uses

May be used in certain renal calculi patients for a long term diet. Diets with more severe calcium restriction are not practical for long term use. Additional water at bedtime is suggested to further forestall stone formation.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	None	Milk to drink and in cooking.
SOUP	Broth soups and vegetable soup made from vegetables.	Bean or pea soup. Cream or milk soups.
MEAT, POULTRY, FISH OR CHEESE	Meat, fish or fowl except those excluded, but not more than 6 ounces daily.	Brains, cheese, clams, liver, lobster, oysters, scallops, shrimp.
EGGS	Not more than 1 daily including those used in cooking.	
POTATO OR ALTERNATE	Macaroni, noodles, refined rice, spaghetti.	Barley, potato, whole grain rice.
VEGETABLES	Canned, cooked or fresh vegetables or juice, except those listed under "Foods Omitted", and no more than 2 servings daily.	Dried beans or peas, broccoli, celery, chard, collards, endive, greens, leaf lettuce, lentils, okra, spinach, watercress.
FRUIT	Cranberries, plums, canned, cooked or fresh fruit or juice except those excluded and no more than 3 servings daily.	Dried fruit, bananas, rhubarb.

## LOW CALCIUM, LOW PHOSPHOROUS DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
BREAD AND CEREALS	Refined bread, 6 slices daily, saltines if substituted for bread.	Whole grain bread and crackers; hot breads. Oatmeal, refined cereals enriched with calcium, whole grain cereals.
DESSERTS	Gelatin desserts made of allowed foods, fruit ices.	Desserts made with chocolate, milk, egg, flour; cake, cookies, ice cream, pastries and pies, sherbets.
FATS	Butter or substitute, cream not more than 1/3 cup daily; cooking fats, salad oils.	Cream, except in amount allowed; salad dressings made with egg.
ACCESSORIES	Candy without chocolate or nuts; jam, jelly, sugar; pepper, salt, spices, vinegar.	Candy made with chocolate, milk, molasses or nuts; honey, molasses, syrup. Cream sauce, gravy, nuts, olives, peanut butter, popcorn, yeast.
BEVERAGES	Cereal beverages, coffee, tea.	Carbonated beverage; chocolate flavored drinks, malted beverages, milk, milk drinks.

Sample Menu (See next page)

# LOW CALCIUM, LOW PHOSPHOROUS DIET (Continued)

## Sample Menu

<u>Breakfast</u>	<u>Approximate Measure</u>
Grapefruit	1 small
Refined cereal	$\frac{1}{2}$ cup (cooked)
Egg	1
White toast	2 slices
Butter	2 squares
Cream, 20%	1/3 cup
Sugar	1 tablespoon
Jelly	1 tablespoon
Coffee	1 cup
<u>Dinner</u>	<u>Approximate Measure</u>
Orange juice	3/4 glass
Roast beef	4 ounces
Noodles	$\frac{1}{2}$ cup (cooked)
Sliced tomato salad	$\frac{1}{2}$ large
French dressing	1 tablespoon
Canned pear	2 halves
White bread	2 slices
Butter	2 squares
Jelly	1 tablespoon
<u>Supper</u>	<u>Approximate Measure</u>
Baked ham	2 ounces
Refined rice	$\frac{1}{2}$ cup (cooked)
Carrots	$\frac{1}{2}$ cup
Canned peach	$\frac{1}{2}$ peach
White bread	2 slices
Butter	2 squares
Jelly	1 tablespoon

## LOW PURINE DIET

The chief medical indication for a low purine diet is gout. The value of strict purine restriction in gout remains a controversial issue; however, many rheumatologists still recommend avoidance of foods in list A and slight to moderate limitations of foods in list B dependent upon circumstances of the individual problem. In acute gouty arthritis, temporary restriction of the diet to foods in the low purine list C may be of added value. Weight reduction in overweight patients and avoidance of dietary indiscretions are also commonly recommended for gout patients.

## LOW PURINE DIET (Continued)

### Purine Content of Foods per 100 Gm.

List A (150-1000 mg.)	List B (50-150 mg.)	List C (0-15 mg.)
Sweetbreads	Meats	Vegetables
Anchovies	Fish	Fruits
Sardines	Sea food	Milk
Liver	Beans	Cheese
Kidney	Peas	Eggs
Meat extracts	Lentils	Cereal
	Spinach	

### Special Instructions

1. Avoid liver, sweetbreads, brains and kidneys. A 2 oz. portion of any other meat, fish or fowl may be served twice weekly.
2. Serve cheese and eggs as meat substitute. Fish, roe, and caviar may be used as desired.
3. Use one to two pints of milk daily in order to meet the protein need.
4. Omit all meat extracts, broth soups, and gravies.
5. Eliminate the following vegetables: dried beans, peas, lentils and spinach.
6. Allow fruits of all kinds -- fresh, canned and dried.
7. Allow cereals of all kinds.
8. Serve sugar as desired with amount adjusted to caloric needs. Cream and butter may be restricted when a low caloric allowance is needed or when a low fat regimen is desired.
9. Avoid coffee, tea, chocolate, and cocoa. Use Sanka or Postum. Omit all alcoholic beverages.

The approximate content of the above diet is 11. mg. of purine nitrogen or 34 mg. of uric acid.

## LOW PURINE DIET (Continued)

### Sample Menu

#### Breakfast

Fruit--citrus fruit or tomato juice

Cereal (except oatmeal), with cream or milk and sugar

Eggs--2

Toast (whole grain or enriched white), with butter or enriched margarine. Jelly, jam, honey, or marmalade if desired

Beverages--decaffeinated coffee or cereal coffee with cream and sugar

#### Lunch and Dinner

Soup--milk soups made with any vegetables except those forbidden (see Special Instructions)

Meat, fish, or fowl--only 2-oz. portion twice weekly, omitting glandular meats entirely; 2-oz. portion of cheese daily on days meat is not served.

Vegetables---potato daily if desired; 2-4 additional vegetables (any except those on forbidden list)

Bread -- whole grain or enriched, with butter or enriched margarine

Dessert--fruit, puddings, cake, ice cream, gelatin desserts or pie

Beverage -- milk or buttermilk and decaffeinated coffee or cereal coffee

## CHRONIC KIDNEY FAILURE DIET

This diet provides a moderate restriction of protein and a high caloric intake. The carbohydrate and increased fat will serve to spare body protein as well as meet the caloric needs of the patient. It should be noted that this diet does not impose extreme salt restriction. Salt may be used sparingly in cooking and none to be added at table. A salt content of 4 gm. is given only as an example, since patients with renal failure may require a rather high salt intake. The average patient with renal failure will tolerate neither a severe restriction nor a normal intake of sodium. Three to 5 gms. a day of salt is a good starting point. If the blood sodium concentration is normal, patients may be placed on a diet containing 200 mg. sodium (0.5 gm. NaCl) to determine urinary sodium loss by measuring the 24-hour output daily for several days. After 3 or 4 days, the urinary output of sodium will approximate the patient's daily requirement. (The normal kidney excretes little salt on a restricted intake. In disease states, however, this homeostatic mechanism may fail and rather large amounts of salt may be lost on a restricted intake.) Vitamins B1 and B2 should be supplemented.

### Suggested Uses

May be used in chronic kidney disease with a fixed elevated urea nitrogen.

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	None	Milk to drink and in cooking.
SOUP	Broth soups	Creamed soups made with milk.
MEAT, POULTRY, FISH OR CHEESE	Any meat, fish, chicken, or cheese as long as not over 4 oz. a day is used. 1 egg may be used for 1 oz. of meat or $\frac{1}{2}$ cup cottage cheese = 1 oz. meat.	Meats or poultry, fish and cheese in excess or 4 oz. daily.
EGGS	1 daily	No other unless substituted for meat allowance.

## CHRONIC KIDNEY FAILURE DIET (Continued)

	<u>Foods Included</u>	<u>Foods Omitted</u>
POTATO OR ALTERNATE	Potato, macaroni, noodles, rice, spaghetti, $\frac{1}{2}$ c. a day.	Any more than $\frac{1}{2}$ cup per day.
VEGETABLES	Fresh, canned, frozen or cooked vegetables as desired.	Dried beans, peas, corn and parsnips and sweet potatoes.
FRUIT	Any fresh, canned or frozen fruit or juices at least 3-4 large serv- ings a day.	None
BREAD AND CEREALS	Whole wheat, white, rye, crackers - 4 servings or slices per day. Any kind of cereal, hot or cold, 1 serving per day.	Rich breads or rolls made with egg and milk. Over four slices a day of regular bread or crackers.
DESSERT	None except fruits.	All except fruit
FATS	Butter, margarine, cream, mayonnaise, salad dress- ings.	None except bacon
ACCESSORIES	Sugar, jelly, hard candies, and wines or liquors may be used to increase calories.	Nuts or candies con- taining nuts, extra eggs and milk.
BEVERAGES	Tea and coffee, Sanka and Postum.	Milk and milk drinks.

### Sample Menu

#### Breakfast

1 large glass fruit juice or large serving fruit  
 1 slice toast with 1 tsp. butter and 1 T. jelly  
 1 serving cereal (hot or cold) with 3 oz. heavy  
     cream and sugar  
 1 egg with 1 tsp. butter  
 Tea or coffee with cream and/or sugar

## CHRONIC KIDNEY FAILURE DIET (Continued)

### Sample Menu

#### Before Lunch

4 oz. sherry or grape juice

#### Lunch

Sandwich -- 2 slices bread, 1 oz. meat, 1 tsp.  
butter, 1 tsp. mayonnaise

Tossed salad with 2 T. French Dressing

Large serving fresh or canned fruit

Tea, coffee, or carbonated beverage

#### Before Dinner

4 oz. sherry or grape juice

#### Dinner

3 oz. meat with gravy

1 average serving potato with 1 tsp. butter

1 serving vegetables with 1 tsp. butter

Vegetable salad with 2 tsp. mayonnaise

Large serving fresh or canned fruit

Tea, coffee, or carbonated beverage

#### Bedtime

Large glass fruit juice or carbonated beverage

2 graham crackers with 1 T. jelly

## DRY DIET FOR NAUSEA

This diet consists of frequent small meals, high in carbohydrates and served without liquids. Fluids are given one hour before and one hour after meals. It is for temporary use only.

### Suggested Uses

For patient with persistent nausea and vomiting of pregnancy. It may be used for the "dumping syndrome", which occasionally follows gastric surgery or resection.

**DRY DIET FOR NAUSEA (Continued)**

	<u>Foods Included</u>	<u>Foods Omitted</u>
MILK	None at mealtime	All except between meals.
SOUPE	None at mealtime	All except between meals.
MEAT, POULTRY, FISH OR CHEESE	Meat, fish, fowl, cheese, except as listed under "Foods Omitted".	Fatty meat, fish or fowl.
EGGS	One daily	Fried eggs
POTATO OR ALTERNATE	Potato, macaroni, noodles, None rice, spaghetti.	
VEGETABLE	Any	Vegetable juice ex- cept between meals.
FRUIT	Any fresh, canned, cooked, dried, or frozen fruit without juice.	Fruit juice except between meals.
BREAD AND CEREALS	Whole grain or enriched.	None
DESSERT	Plain cakes, cookies, custards, gelatin des- serts, ice cream, pud- dings, sherbet.	Pie, doughnuts, rich desserts.
FATS	Butter, cream enriched margarine in small amount.	None
ACCESSORIES	Small amount of salt and spices.	Salty foods
BEVERAGES	None at mealtime	All except between meals. Carbonated beverages may be tolerated better than water.

## DRY DIET FOR NAUSEA (Continued)

### Sample Menu

<u>Breakfast</u>	<u>Mid-morning</u>	<u>Dinner</u>
Grapefruit	Oatmeal	Roast beef
Egg	Butter	Baked potato
Whole wheat toast	Sugar	Butter
Butter		Peas
Jelly		Whole wheat
		Bread
		Sherbet
<u>Mid-afternoon</u>	<u>Supper</u>	<u>Evening</u>
Whole wheat bread	Sliced chicken	Whole wheat toast
Egg	Potato	Butter
Butter	Celery and carrot sticks	Jelly
	Bread	
	Butter	
	Peach without juice	

### TEST DIETS

#### MEAT-FREE TEST DIET

All meat, fish, and fowl are excluded from the diet. Eggs and cheese are substituted for meat dishes. This diet may be ordered in conjunction with most therapeutic diets.

#### FAT-FREE TEST DIET

The fat-free meal is usually ordered for the supper on the day preceding test for liver and gallbladder. Breakfast is omitted.

#### Fat-Free Meal

- Fruit juice
- Baked potato
- Toast, jelly
- Canned fruit
- Jello
- Tea or coffee with lemon or sugar  
(no cream or butter)

## TEST DIETS (Continued)

### GLUCOSE TOLERANCE TEST DIET

#### 100 Gram Carbohydrate Breakfast

Orange juice	1 cup	20
Cooked cereal or dry cereal	$\frac{1}{2}$ cup $\frac{3}{4}$ cup	15
Bread	2 slices	30
Egg	1	
Butter	2 pats	
Milk	6 oz.	9
Cream	3 oz.	4
Sugar	4 teaspoons	
Coffee or tea as desired		20
		100

### LOW CALCIUM TEST DIET

The diagnostic value of a low calcium test diet has been questioned with other than the strictest possible control of the foods eaten. Since it is felt that calcium balance studies can only be carried out adequately with careful collaboration between physician, nurse, and dietitian, it is suggested that, when indicated, Arrangements Be Made with the Dietitian on an Individual Basis for a strict low calcium test diet.

In evaluating hypercalcemic states, renal and endocrine problems, diets approximating 100 mg. calcium per day can be provided.

A constant diet should be taken for three days before determining calcium balance.

### PHOSPHOROUS DEPRIVATION DIET \*

This test diet is so arranged that all of the constituents are normal in amount save phosphorous. Its rational is based on the fact that in the normal individual the serum phosphorous level is maintained for several days in the face

## PHOSPHOROUS DEPRIVATION DIET (Continued)

of extreme phosphorous deprivation. This homeostatic mechanism is not available in patients with hyperparathyroidism. The serum phosphorous, therefore, falls precipitously after a short while on this diet. It has distinct value in cases of suspected hyperparathyroidism in which the blood chemical values are borderline. The serum calcium has a tendency to be elevated in both normal and hyperparathyroid patients when given this diet.

The basic diet contains approximately 0.332 gm. of phosphorous and 0.187 gm. of calcium. The calcium content is increased by the added calcium lactate to approximately 0.7 gm. Sugar and butter are used to keep up weight; when the added sugar is set at  $\frac{1}{2}$  cup per day and the quantities of butter used are as below, the diet has about 2500 calories. The Vienna bread should be made with water, and should not contain any added milk solids.

Since this is a constant diet the same foods must be eaten daily in the specified amounts for a period of 3-6 days. A 24 hour urine phosphorous, serum phosphorous and calcium should be obtained at the beginning, middle period and end of the test.

Physicians wishing to order this test should notify the dietitian 48 hours in advance so that the special bread can be baked and other foods obtained. The pharmacy can provide calcium lactate in capsules.

### Breakfast

Banana - 1

Egg white - 3 (hard cooked or fried in butter or bacon fat)

Vienna bread - 1 slice

Butter - 1 square

Pineapple juice - 8 ounces

Prunes (sweetened) - 4 to 5 medium

Coffee (black) or tea - as desired

Sugar, salt, pepper - as desired

Calcium lactate powder - 1 gm. (as capsules)

### Mid-morning

Banana - 1

## PHOSPHOROUS DEPRIVATION DIET (Continued)

### Noon

Egg white - 2  
Cooked rice - 2/3 cup after cooking  
Vienna bread - 1 slice  
Butter - 2 squares  
Tomato juice - 5 ounces  
Gelatin - 1 tablespoon (stir into tomato juice  
and drink before the gelatin "sets")  
Applesauce (sweetened) -  $\frac{1}{2}$  cup  
Cranberry jelly - 1 round tablespoon  
Coffee (black) or tea - as desired  
Calcium lactate powder - 1 gm. (as capsules)

### Mid-afternoon

Jello - 1/5 package  
Lemonade - 1 ounce

### Night

Egg white - 3  
Cooked rice - 2/3 cup after cooking  
Vienna bread - 1 slice  
Butter - 2 squares  
Apple juice - 6 ounces  
Cranberry jelly - 1 round tablespoon  
Banana - 1  
Coffee (black) or tea - as desired  
Sugar, salt, pepper - as desired  
Calcium lactate powder - 1 gm. (as capsules)

### Evening

Jello - 1/5 package  
Lemonade - 1 ounce  
Calcium lactate powder - 1 gm. (as capsules)

\* Reifenstein, E. C. Jr. in Textbook of Endocrinology. Ed.  
by R. H. Williams, ed. 2 Philadelphia, W. B. Saunders Co.,  
1955, pp 723 - 725.

## A P P E N D I X

Approximate Values for Potassium and Sodium as Expressed in  
 Milligrams for Stated Servings in a Variety  
 of Common Dietary Items

<u>Food</u>	<u>Amount</u>	<u>Sodium</u> (mg.)	<u>Potassium</u> (mg.)
Milk (whole)	1 cup	120	335
Meat, Fish or Poultry	1 oz.	20	90
Egg	1	40	50
Vegetables			
Dark green leafy	½ cup	150	485
Cabbage, raw	Shredded, 1 cup	5	230
Carrots, raw	Grated, 1 cup	35	450
Cauliflower, raw	1½ cup	30	500
Cucumbers, raw	6 1/8" slices	0.5	115
Tomatoes, raw	1 medium, 2 x 2½"	4.5	345
Potatoes	½ cup	1	410
Fruits			
(raw	1 serving	2	210
Most fruits (canned	1 serving	4	100
(fruit juice	1 cup, 8 oz.	2	340
Apple juice, frozen			
or canned	1 cup	10	250
Apricot nectar	1 cup	7	250
Apricots, raw	3 apricots	0.5	500
Bananas	1 medium, 6 x 1½"	1	630
Cantaloupe	½ melon, 5" diam.	10	230
Fruit cocktail,			
canned, sweet	1 cup	25	410
Grape juice, canned,			
sweetened	6 oz.	2	215
Grapefruit juice,			
canned, sweet	1 cup	1	375
Grapefruit	1 cup sections	1	390
Oranges	1 medium, 3" diam.	0.5	365
Orange juice, fresh	1 cup	9	200
Orange juice, canned	1 cup	1.5	475
Orange and grape-			
fruit juice,			
canned, sweetened	1 cup	1	425
Peaches, raw	1 medium, 2½ x 2" diameter	0.5	180

Approximate Values for Potassium and Sodium as Expressed in  
 Milligrams for Stated Servings in a Variety  
 of Common Dietary Items (Continued)

<u>Food</u>	<u>Amount</u>	<u>Sodium</u> (mg.)	<u>Potassium</u> (mg.)
Pears, raw	1 pear, 3 x 2½" diameter	3.5	180
Pineapple juice, canned	1 cup	1	350
Prune juice, canned	1 cup	5	625
Strawberries, raw	1 cup	1	265
Watermelon	½ slice, 3/4 x 10"	1	380
Cereals, cooked			
Refined, no salt added	½ cup	2	17
Whole grain, no salt added	½ cup	3	67
Bread, enriched	1 slice	200	60
Beverages			
10 min. infusions			
Coffee	3/4 cup	0	155
Tea	3/4 cup	0	30

**Caloric Values of Average Servings of  
Commonly Used Foods and Some Alcoholic Beverages**

<u>Food</u>	<u>Approximate Measure</u>	<u>Calories</u>
<b>Beverages</b>		
Carbonated (av.)	1 bottle, 6 oz.	78
Chocolate milk shake	1 reg. with 8 oz. milk	502
Cola beverage	8 oz.	106
Gingerale	8 oz.	80
<b>Alcoholic Drinks</b>		
Ale, mild	8 oz.	100
Beer, (av.)	1 bottle, 12 oz.	170
Highball	1 glass	170
Manhattan	1 cocktail	167
Martini	1 cocktail	143
Old Fashioned	1 glass	183
Tom Collins	1 glass	180
Eggnog, Christmas type	1 punch cup	340
Wine, Muscatel or port	1 wine glass	160
Whiskey, Rye	1½ oz. jigger	122
Whiskey, Scotch	1½ oz. jigger	107
<b>Soups **</b>		
Beef (canned)	1 serving *	94
Bouillon (canned)	1 serving *	27
Chicken Rice (canned)	1 serving *	36
Vegetable soup(canned)	1 serving *	68
Cream soup (canned)	1 serving with milk *	145
** Canned soups vary in calories, depending on brand. Those given are for a popular commercial brand.		
* Allow three servings to the can when contents have been diluted with an equal volume of water.		
<b>Starchy Foods</b>		
Potato		
French fried	8 pieces 2" x ½" x ½"	155
Sweet	1 boiled	250
Chips	10 medium	110
Pancake	1 av. 4" diameter	68
Waffle	1 av. 5½" diameter	232
Popcorn, unbuttered	1 cup	80
Pretzels	7 av. sticks	37

## Caloric Values of Average Servings of

Commonly Used Foods and Some Alcoholic Beverages (Continued)

<u>Food</u>	<u>Approximate Measure</u>	<u>Calories</u>
<b>Desserts</b>		
Pie	4" sector, 9" diameter	
Custard		266
Apple		330
Lemon meringue		300
Pumpkin		265
Eclair or cream puff	1 av. with cream filling	296
<b>Cake</b>		
Layer, with icing	1/16 cake 10" diameter	410
Sponge	1/12 cake 8" diameter	115
Angel food	1/12 cake 8" diameter	110
Doughnut, small, plain	1 oz.	135
Apple betty	1 cup	345
Ice cream	1/7 of quart brick	165
Sherbet (av.)	½ cup	118
<b>Salted Nuts</b>		
Almonds (salted)	12-15 nuts	93
Cashew nuts (roasted)	6-8 nuts	88
Peanuts (roasted)	15-17 nuts	84
Pecans (shelled)	12 halves	104
<b>Candy</b>		
Caramel	1 oz.	120
Chocolate creams	1 av. piece	51
Chocolate, sweet	1 oz.	145
Fudge	1 oz.	115
Hard	1 oz.	110
Marshmallow	1 oz.	90

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